

Better Homes and Gardens®

All-Time Favorites



Supplement to
Better Homes and Gardens®

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Better Homes and Gardens.

all-time favorites

For generations millions of cooks have relied on *Better Homes and Gardens*® recipes as they would a trusted friend's. To capture the best of many years of cooking, *Better Homes and Gardens* editors have created *All-Time Favorites*, featuring several time-honored recipes.

Better Homes and Gardens® editors have always insisted on quality and accuracy. In fact, in 1930 they exhorted readers to "measure accurately, and to follow directions for mixing, handling, time, and temperature." To ensure continued quality and guarantee success using today's modern appliances, all the recipes in *All-Time Favorites* have been tested and updated in the Better Homes and Gardens® Test Kitchen. Modifications were kept to a minimum, however, in order to retain the tried-and-true tastes of the originals.

We hope you'll savor these heirloom recipes, snippets of history, and nostalgic illustrations. It's a peek into the past that we think you'll treasure for a lifetime.



Our seal assures you that every recipe in *All-Time Favorites* has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal. We guarantee your satisfaction with this book for as long as you own it.



snacks & beverages

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Cheese balls and dips came into their own during the 1950s, and our first cheese ball recipe appeared in the 1953 edition. This recipe, however, hails from the early 1980s and features a tongue-tingling blend of smoky cheddar cheese, steak sauce, and cream cheese rolled in nuts.

Enthusiasm for Mexican dining was just starting to spread to the rest of the country from the southwestern United States in the 1950s. So our first version of this recipe was a rather novel adaptation based on a can of pork and beans. American palates have become more sophisticated about Mexican food since then, and our current recipe is much closer to the traditional classic.

1981 Smoky Cheese Ball

Prep: 35 minutes Chill: 4 to 24 hours

- | | |
|---------------------------|-----------------------------|
| 2 8-ounce packages | 2 tablespoons milk |
| cream cheese | 2 teaspoons steak |
| 2 cups shredded | sauce |
| smoked cheddar, | 1 cup finely chopped |
| Swiss, or Gouda | nuts, toasted |
| cheese | Assorted crackers |
| ½ cup margarine or | |
| butter, softened | |

Bring cheeses and margarine or butter to room temperature. Add milk and steak sauce; beat with electric mixer until fluffy. Cover; chill in refrigerator for at least 4 hours or up to 24 hours. Shape mixture into ball. Roll in nuts. Let stand for 15 minutes. Serve with crackers. Makes 3½ cups spread.

Nutrition facts per tablespoon spread: 74 calories, 7 g total fat (3 g saturated fat), 13 mg cholesterol, 72 mg sodium, 1 g carbohydrate, 0 g fiber, 2 g protein

1953 Chili con Queso

Start to finish: 30 minutes

- | | |
|--------------------------------|-------------------------------|
| ½ cup finely chopped | 1 cup shredded |
| onion (1 medium) | American cheese |
| 1 tablespoon margarine | (4 ounces) |
| or butter | 1 cup shredded |
| 1½ cups chopped, seeded | Monterey Jack |
| tomatoes | cheese (4 ounces) |
| (2 medium) | 1 teaspoon cornstarch |
| 1 4-ounce can diced | 1 teaspoon bottled hot |
| green chili peppers, | pepper sauce |
| drained | Tortilla or corn chips |

In a saucepan cook onion in margarine or butter until tender. Stir in tomatoes and chili peppers. Simmer, uncovered, for 10 minutes.

Toss cheeses with cornstarch. Gradually add cheese mixture to saucepan, stirring until melted. Stir in hot pepper sauce; heat through. Serve with chips. Makes 1¾ cups dip.

Nutrition facts per tablespoon dip: 35 calories, 3 g total fat (1 g saturated fat), 6 mg cholesterol, 94 mg sodium, 1 g carbohydrate, 0 g fiber, 2 g protein

1981**Crunchy Party Mix**

Prep: 15 minutes Bake: 45 minutes

- | | |
|--|--|
| 1 cup margarine or butter | 4 cups round toasted oat cereal |
| 3 tablespoons Worcestershire sauce | 4 cups bite-size wheat or bran square cereal |
| $\frac{1}{2}$ teaspoon garlic powder | 4 cups bite-size rice or corn square cereal or bite-size shredded wheat biscuits |
| Several drops bottled hot pepper sauce | 3 cups mixed nuts |
| 5 cups tiny pretzels or pretzel sticks | |

Heat and stir margarine or butter, Worcestershire sauce, garlic powder, and hot pepper sauce until margarine melts. In a large roasting pan combine pretzels, cereals, and nuts. Drizzle margarine mixture over cereal mixture; toss to coat.

Bake in a 300° oven for 45 minutes, stirring every 15 minutes. Spread on foil; cool. Store in an airtight container. Makes 20 cups.

Nutrition facts per $\frac{1}{2}$ cup: 165 calories, 11 g total fat (2 g saturated fat), 0 mg cholesterol, 237 mg sodium, 14 g carbohydrate, 2 g fiber, 3 g protein

1953**Hot Spiced Cider**

Prep: 10 minutes Cook: 10 minutes

- | | |
|---|---------------------------------|
| 8 cups apple cider or apple juice | 1 teaspoon whole allspice |
| $\frac{1}{4}$ to $\frac{1}{2}$ cup packed brown sugar | 1 teaspoon whole cloves |
| 6 inches stick cinnamon | 8 thin orange wedges (optional) |
| | 8 whole cloves (optional) |

In a saucepan combine cider and brown sugar. For the spice bag, place cinnamon, allspice, and the 1 teaspoon whole cloves on a double-thick, 6-inch-square piece of 100-percent-cotton cheesecloth. Bring corners together and tie with a clean string. Add bag to cider mixture.

Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Meanwhile, if desired, stud orange wedges with the 8 cloves. Remove spice bag; discard. Serve cider in mugs. If desired, put a clove-studded orange wedge in each mug. Makes 8 (about 8-ounce) servings.

Nutrition facts per serving: 145 calories, 0 g total fat, 0 mg cholesterol, 9 mg sodium, 40 g carbohydrate, 0 g fiber, 0 g protein

In the 1970s and early 1980s, someone was sure to bring to parties a snack mix based on bite-size wheat, rice, corn, or bran cereal. This zesty recipe was our version of the fad.

Dubbed Hot Mulled Cider in 1953, this fragrant, fruity blend was the perfect antidote to the winter chills. Follow the example of those 1950s hostesses and hosts and serve this smooth sipper at holiday parties. Or, put some in a thermos and tote it along to a tailgate party or an after-ski gathering.



In our 1981 cookbook, this punch (without the wine) was an all-purpose base to which you could add wine, hard liquor, or lemon-lime carbonated beverage. Today, we feature it with dry white wine. For a nonalcoholic version, you can substitute two 1-liter bottles of chilled club soda or carbonated water for the wine.

1981

Spiced Fruit Punch

Prep: 15 minutes Cook: 10 minutes Chill: 2 to 24 hours

- | | |
|--|--|
| $\frac{1}{2}$ cup water | 1 12-ounce can apricot nectar, chilled |
| $\frac{1}{3}$ cup sugar | $\frac{1}{4}$ cup lemon juice |
| 12 inches stick cinnamon, broken | 2 750-milliliter bottles dry white wine, chilled |
| $\frac{1}{2}$ teaspoon whole cloves | Orange slices, quartered (optional) |
| 4 cups apple cider or apple juice, chilled | |

In a saucepan combine water, sugar, and spices. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Cover and chill in refrigerator for at least 2 hours or up to 24 hours.

Strain spices from sugar-water and discard. Combine the sugar-water and fruit juices. Pour into punch bowl; add wine. If desired, garnish with quartered orange slices. Makes 24 (about 4-ounce) servings.

Nutrition facts per serving: 81 calories, 0 g total fat, 0 mg cholesterol, 5 mg sodium, 10 g carbohydrate, 0 g fiber, 0 g protein

1930

Eggnog

Prep: 15 minutes Cook: 10 minutes Chill: 4 to 24 hours

6 beaten egg yolks
2 cups milk
 $\frac{1}{3}$ cup sugar
1 to 3 tablespoons
light rum

1 to 3 tablespoons bourbon
1 teaspoon vanilla
1 cup whipping cream
2 tablespoons sugar
Ground nutmeg

In a large heavy saucepan mix the egg yolks, milk, and the $\frac{1}{3}$ cup sugar. Cook and stir over medium heat until mixture just coats a metal spoon. Remove from heat. Place the pan in a sink or bowl of ice water and stir for 2 minutes. Stir in rum, bourbon, and vanilla. Cover and chill in the refrigerator for at least 4 hours or up to 24 hours.

Just before serving, in a mixing bowl beat the whipping cream and the 2 tablespoons sugar until soft peaks form. Transfer chilled egg mixture to a punch bowl. Fold in the whipped cream mixture. Serve immediately. Sprinkle each serving with nutmeg. Makes 10 (about 4-ounce) servings.

Chocolate Eggnog: Prepare as above, except stir $\frac{1}{4}$ to $\frac{1}{3}$ cup chocolate-flavored syrup into egg mixture before chilling.

Nonalcoholic Eggnog: Prepare as above, except omit the rum and bourbon. Increase the milk to $2\frac{1}{4}$ to $2\frac{1}{2}$ cups.

Nutrition facts per serving: 201 calories, 13 g total fat (7 g saturated fat), 164 mg cholesterol, 71 mg sodium, 13 g carbohydrate, 0 g fiber, 6 g protein

Nutrition facts per serving for Chocolate Eggnog: 211 calories, 13 g total fat (7 g saturated fat)

Nutrition facts per serving for Nonalcoholic Eggnog: 191 calories, 13 g total fat (7 g saturated fat)

The eggnog of 1930 was simply an egg mixed with milk, some sugar, and a little vanilla, rather than the thick, creamy, custard-based libation of our current edition.

In the days before the marshmallow creme version, beating fudge by hand was the only way to make the irresistible confection. Today, many purists still feel the texture of traditional fudge is worth the extra effort.

1930

Old-Time Fudge

Prep: 20 minutes Cook: 20 minutes Cool: 55 minutes

2 cups sugar	2 tablespoons butter
$\frac{3}{4}$ cup milk	1 teaspoon vanilla
2 ounces unsweetened chocolate, cut up	$\frac{1}{2}$ cup chopped nuts (optional)
1 teaspoon light-colored corn syrup	Walnut halves (optional)

Line a 9×5×3-inch loaf pan with foil, extending foil over edges of pan. Butter foil; set pan aside.

Butter the side of a heavy 2-quart saucepan. In saucepan combine sugar, milk, chocolate, and corn syrup. Cook and stir over medium-high heat until mixture boils. Clip a candy thermometer to side of the pan. Reduce the heat to medium-low; continue boiling at a moderate, steady rate, stirring frequently, until thermometer registers 234°, soft-ball stage (20 to 25 minutes).

Remove saucepan from heat. Add butter and vanilla, but do not stir. Cool, without stirring, to 110° (about 55 minutes).

Remove thermometer from saucepan. Beat mixture vigorously with a wooden spoon until fudge just begins to thicken. If desired, add chopped nuts. Continue beating until the fudge becomes very thick and just starts to lose its gloss (about 10 minutes).

Immediately spread fudge in the prepared pan. Score into squares while warm. When fudge is firm, use foil to lift it out of pan. Cut fudge into squares. If desired, garnish with walnut halves. Store fudge tightly covered. Makes about 1¼ pounds (32 pieces).

Nutrition facts per piece: 67 calories, 2 g total fat (1 g saturated fat), 2 mg cholesterol, 11 mg sodium, 14 g carbohydrate, 0 g fiber, 0 g protein

1930

Divinity

Prep: 25 minutes Cook: 10 minutes

2½ cups sugar	1 or 2 drops food
½ cup light-colored	coloring (optional)
corn syrup	½ cup chopped candied
½ cup water	fruit and/or nuts
2 egg whites	
1 teaspoon vanilla	

In a heavy 2-quart saucepan combine sugar, corn syrup, and water. Cook and stir over medium-high heat until mixture boils. Clip a candy thermometer to the side of the pan. Reduce heat to medium; continue cooking, without stirring, until the thermometer registers 260°, hard-ball stage (10 to 15 minutes).

Remove saucepan from heat; remove thermometer. In a large mixing bowl beat egg whites with a freestanding electric mixer on medium speed until stiff peaks form (tips stand straight). Gradually pour hot mixture in a thin stream over egg whites, beating on high speed about 3 minutes; scrape side of bowl occasionally. Add vanilla and, if desired, food coloring. Continue beating on high speed just until candy starts to lose its gloss (5 to 6 minutes). When beaters are lifted, mixture should fall in a ribbon that mounds on itself.

Drop a spoonful of candy mixture onto waxed paper. If it stays mounded, the mixture has been beaten sufficiently. If mixture flattens, beat ½ to 1 minute more; check again. If mixture is too stiff to spoon, beat in a few drops hot water until candy is a softer consistency. Immediately stir in fruit and/or nuts. Quickly drop mixture onto waxed paper. Store tightly covered. Makes about 40 pieces.

Nutrition facts per piece: 66 calories, 0 g total fat, 0 mg cholesterol, 6 mg sodium, 17 g carbohydrate, 0 g fiber, 0 g protein

In 1930 we instructed readers how to make a divinity roll filled with a mixture of raisins, dates, figs, and nuts. By 1937, however, our recipe for divinity turned out the standard mounds of fluff that candy lovers know today.



Glazed Nuts
(see recipe, below),
Divinity (see recipe
page 9), and Old-Time
Fudge (see recipe,
page 8)

Glazed almonds were a favorite treat in the late 1960s because they didn't require a candy thermometer and were less work than making nut brittle. That's true today, too—except we've expanded the technique to cover cashews, peanuts, and pecans.

1968

Glazed Nuts

Prep: 5 minutes Cook: 6 minutes Cool: 45 minutes

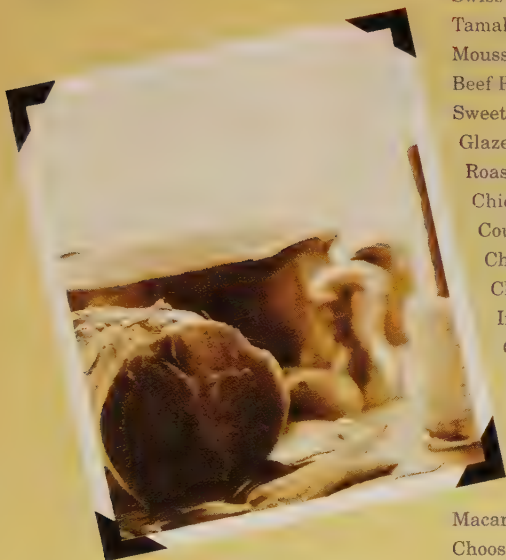
1½ cups blanched whole almonds, raw cashews, raw peanuts, or pecan halves

**½ cup sugar
2 tablespoons butter or margarine
Salt (optional)**

In a heavy 8-inch skillet combine nuts, sugar, and butter or margarine. Cook over medium heat, stirring constantly with wooden spoon, for 6 to 8 minutes or until sugar is melted and golden in color and nuts are toasted. Spread nuts on a buttered, foil-lined baking sheet. If desired, sprinkle lightly with salt. Cool. Separate into clusters. Makes about $\frac{3}{4}$ pound.

Nutrition facts per ounce: 145 calories, 10 g total fat (2 g saturated fat), 5 mg cholesterol, 21 mg sodium, 12 g carbohydrate, 1 g fiber, 3 g protein

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1937

Swiss Steak

Prep: 25 minutes

Cook: 1¼ hours

- 1 pound boneless beef round steak, cut ¾ inch thick
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon cooking oil
- 1 16-ounce can tomatoes, cut up
- 1 small onion, sliced and separated into rings
- ½ cup sliced celery (1 stalk)
- ½ cup sliced carrot (1 medium)
- ½ teaspoon dried thyme, crushed
- 2 cups hot cooked rice or noodles

Our first Swiss Steak recipe appeared in the late 1930s and was seasoned only with a little salt, pepper, onion, and mustard. Over the years, the ingredients have changed to include more flavorful items, such as tomatoes, celery, and carrot. With today's recipe you can take your choice of range-top, oven, or crockery cooker methods.

Trim fat from meat. Cut into 4 serving-size pieces. Combine the flour, salt, and pepper. With the notched side of a meat mallet, pound flour mixture into meat.

In a large skillet brown meat on both sides in hot oil. Drain off fat. Add undrained tomatoes, onion, celery, carrot, and thyme. Bring to boiling; reduce heat. Cover and simmer about 1¼ hours or until meat is tender. Skim off fat. Serve with rice or noodles. Makes 4 servings.

Oven directions: Prepare and brown meat in skillet as above. Transfer meat to a 2-quart square baking dish. In the same skillet combine undrained tomatoes, onion, celery, carrot, and thyme. Bring to boiling, scraping up any browned bits. Pour over meat. Cover and bake in a 350° oven about 1 hour or until tender. Serve as above.

Crockery-cooker directions: Trim fat from meat. Cut into 4 serving-size pieces. Omit flouring and pounding meat. Brown meat in hot oil. In a 3½- or 4-quart electric crockery cooker place onion, celery, and carrot. Sprinkle with thyme, 2 tablespoons quick-cooking tapioca, salt, and pepper. Pour undrained tomatoes over vegetables. Add meat. Cover and cook on low-heat setting for 10 to 12 hours. Serve as above.

Nutrition facts per serving: 352 calories, 9 g total fat (2 g saturated fat), 72 mg cholesterol, 404 mg sodium, 34 g carbohydrate, 2 g fiber, 31 g protein

1946

Tamale Pie

Prep: 35 minutes Bake: 25 minutes Stand: 5 minutes

- | | |
|--|--|
| 2 medium onions,
chopped | 3 cups shredded, cooked
roast beef (12 ounces) |
| 3 cloves garlic, minced | 1½ cups yellow cornmeal |
| 2 tablespoons cooking oil | 1 cup cold water |
| 1 28-ounce can tomatoes,
cut up | 2 cups water |
| 2 2¼-ounce cans sliced
pitted ripe olives | ½ teaspoon salt |
| ½ cup raisins (optional) | ½ teaspoon chili powder |
| 2 tablespoons chili
powder | 1 cup shredded
American or cheddar
cheese (4 ounces) |
| ¼ teaspoon salt | |

In a large saucepan cook onion and garlic in hot oil until tender. Drain off fat. Stir in the undrained tomatoes, olives, raisins (if using), the 2 tablespoons chili powder, and the ¼ teaspoon salt. Bring to boiling; reduce heat. Simmer, uncovered, about 20 minutes or until slightly thickened. Stir in cooked beef; heat through. Spread beef mixture evenly into an ungreased 3-quart rectangular baking dish; set aside.

Meanwhile, combine cornmeal and the 1 cup cold water. Set aside. In a medium saucepan bring the 2 cups water to boiling; add the ½ teaspoon salt and ½ teaspoon chili powder. Slowly add cornmeal mixture to boiling water, stirring constantly. Return to boiling, stirring constantly. Reduce heat to low. Cook for 10 to 15 minutes or until mixture is very thick, stirring occasionally. Spread the cornmeal mixture evenly over beef mixture.

Bake in a 325° oven for 20 minutes. Sprinkle with cheese. Bake for 5 minutes more. Let stand 5 minutes before serving. Makes 6 to 8 servings.

Nutrition facts per serving: 424 calories, 22 g total fat (7 g saturated fat), 69 mg cholesterol, 958 mg sodium, 33 g carbohydrate, 4 g fiber, 27 g protein

Seasoned cornmeal over a spicy mélange of shredded beef, tomatoes, onions, and olives creates a one-dish meal that smells so good as it bakes, your patience will be stretched to the limit. But once it's out of the oven and the flavor fiesta has begun, your only thought will be when you can make it again.



The combination of lamb and eggplant is outstanding in almost any dish. But when you add to that a kaleidoscope of wonderful flavors and seasonings, including onion, garlic, oregano, red wine, cinnamon, and Parmesan cheese, it's easy to see why Moussaka has been a classic of Greek cuisine for a long, long time.



1981

Moussaka

Prep: 40 minutes Bake: 35 minutes Stand: 10 minutes

- | | |
|--|-------------------------------------|
| 2 1-pound eggplants,
peeled and cut into
½-inch-thick slices | ¼ teaspoon ground
cinnamon |
| ¼ cup cooking oil | 1 beaten egg |
| 2 pounds ground lamb
or ground beef | ¼ cup margarine or
butter |
| 1 cup chopped onion
(1 large) | ¼ cup all-purpose flour |
| 1 clove garlic, minced | ½ teaspoon salt |
| 1 8-ounce can tomato
sauce | Dash pepper |
| ¾ cup dry red wine | 2 cups milk |
| 2 tablespoons snipped
fresh parsley | 3 eggs |
| ¾ teaspoon salt | ½ cup grated Parmesan
cheese |
| ¼ teaspoon dried
oregano, crushed | Ground cinnamon |
| | Snipped fresh
parsley (optional) |

Brush both sides of eggplant slices with the oil. In a large skillet brown eggplant slices over medium heat about 2 minutes per side. Drain; set aside.

In the same skillet cook ground lamb or beef, half at a time, until meat is browned, cooking the onion and garlic with the second batch of meat. Drain off fat. Return all of the meat to skillet. Stir in the tomato sauce, wine, the 2 tablespoons parsley, the ¼ teaspoon salt, oregano, and the ¼ teaspoon cinnamon. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes or until most of the liquid is absorbed. Cool mixture slightly. Stir ½ cup of the meat mixture into the 1 beaten egg. Stir egg mixture into meat mixture in skillet.

Meanwhile, in a medium saucepan melt the margarine or butter. Stir in the flour, the ½ teaspoon salt, and pepper. Add milk all at once. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. In a medium bowl beat the 3 eggs. Gradually stir the thickened milk mixture into eggs.

In a 3-quart rectangular baking dish arrange half of the eggplant slices. Spread the meat mixture over the eggplant slices; top with remaining eggplant slices. Pour the hot egg mixture over all. Top with Parmesan cheese and sprinkle lightly with additional cinnamon.

Bake in a 325° oven for 35 to 40 minutes or until edges are bubbly. Let stand 10 minutes before serving. Cut into squares to serve. If desired, sprinkle with additional parsley. Makes 8 to 10 servings.

Nutrition facts per serving: 468 calories, 30 g total fat (13 g saturated fat), 207 mg cholesterol, 822 mg sodium, 17 g carbohydrate, 4 g fiber, 29 g protein

1937

Beef Pot Roast

Prep: 15 minutes Cook: 1¼ hours

- | | |
|---|--|
| 1 2½- to 3-pound boneless
beef chuck pot roast | 12 ounces whole tiny new
potatoes or |
| 2 tablespoons cooking oil | 2 medium potatoes or |
| ¾ cup water, dry wine, or
tomato juice | sweet potatoes |
| 1 tablespoon | 8 small carrots or |
| Worcestershire sauce | parsnips |
| 1 teaspoon instant beef
bouillon granules | 2 small onions, cut into
wedges |
| 1 teaspoon dried basil,
crushed | 2 stalks celery, bias-sliced
into 1-inch pieces |
| | ½ cup cold water |
| | ¼ cup all-purpose flour |

Trim fat from roast. In a 4- to 6-quart pot or Dutch oven brown roast on all sides in hot oil. Drain off fat. Combine the ¾ cup water, wine, or tomato juice; the Worcestershire sauce; bouillon granules; and basil. Pour over roast. Bring to boiling; reduce heat. Cover and simmer for 1 hour.

Meanwhile, if using new potatoes, peel a strip of skin from the center of each. If using medium potatoes or sweet potatoes, peel and quarter. Add potatoes, carrots or parsnips, onions, and celery to meat. Return to boiling; reduce heat. Cover and simmer for 45 to 60 minutes more or until tender, adding water if necessary. Transfer meat and vegetables to a platter, reserving juices in pot or Dutch oven. Keep warm.

For gravy, measure juices; skim off fat. If necessary, add enough water to juices to make 1½ cups liquid. Return to pot. Stir together the ½ cup cold water and flour. Stir into juices. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. If desired, season with salt and pepper. Serve with meat and vegetables. Makes 8 to 10 servings.

Oven directions: Trim fat from roast. Brown roast as directed. Combine the ¾ cup water, Worcestershire sauce, bouillon granules, and basil. Pour over roast. Bake, covered, in a 325° oven for 1 hour. Prepare potatoes as directed. Add vegetables to meat. Bake for 45 to 60 minutes more or until tender. Continue as directed.

Crockery-cooker directions: Trim fat from roast. Brown roast as directed. Thinly slice vegetables; place in a 3½- or 4-quart electric crockery cooker. Cut roast to fit; place atop vegetables. Combine the ¾ cup water, Worcestershire sauce, bouillon granules, and basil. Add to cooker. Cover and cook on low-heat setting for 10 to 12 hours. Continue as directed.

A family favorite as long as anyone can remember, Beef Pot Roast requires long, slow simmering. Our 1937 recipe cooked for 2½ to 3 hours on the range top. With this mouthwatering, up-to-date version, you can make it the traditional way, slide it in the oven and move on to other tasks, or let it simmer in your crockery cooker while you're away.

Nutrition facts per serving: 356 calories, 12 g total fat (4 g saturated fat), 103 mg cholesterol, 255 mg sodium, 24 g carbohydrate, 3 g fiber, 36 g protein

1953

Sweet-and-Sour Pork

Start to finish: 50 minutes

Our 1953 version of this Oriental standard was labeled an "economy" because it stretched 1½ pounds of meat to feed six people. With today's trend toward lighter meals, the current recipe, which serves five, calls for just a pound of pork.

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|--|---|
| 1 pound lean boneless pork | ¼ cup cold water |
| 1 8-ounce can pineapple chunks (juice pack) | ½ teaspoon ground red or black pepper |
| ¾ cup sugar | Shortening or cooking oil for deep frying |
| ¼ cup vinegar | 1 tablespoon cooking oil |
| 2 tablespoons cornstarch | 1 cup bias-sliced carrots (2 medium) |
| 2 tablespoons soy sauce | 2 cloves garlic, minced |
| 1 teaspoon instant chicken bouillon granules | 1 large green or red sweet pepper, cut into ½-inch pieces |
| 1 beaten egg | 2 cups hot cooked rice |
| ¼ cup cornstarch | |
| ¼ cup all-purpose flour | |

Trim fat from meat. Cut meat into ¾-inch cubes. For sauce, drain pineapple, reserving juice. Add enough water to juice to equal 1½ cups liquid. Stir in sugar, vinegar, the 2 tablespoons cornstarch, soy sauce, and bouillon granules. Set aside.

For batter, in a bowl combine egg, the ¼ cup cornstarch, flour, cold water, and ground red or black pepper. Stir until smooth. Dip pork into batter. Fry pork, one-third at a time, in hot oil (365°) for 4 to 5 minutes or until pork is no longer pink and batter is golden. Drain on paper towels.

Pour the 1 tablespoon oil into a wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry carrots and garlic in hot oil for 1 minute. Add sweet pepper; stir-fry for 1 to 2 minutes or until crisp-tender. Push from center of wok.

Stir sauce. Pour into center of wok. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in pork and pineapple. Heat through. Serve over rice. Makes 5 servings.

Nutrition facts per serving: 500 calories, 20 g total fat (5 g saturated fat), 83 mg cholesterol, 652 mg sodium, 62 g carbohydrate, 2 g fiber, 18 g protein

1930

Glazed Ham

Prep: 15 minutes Bake: 1½ hours Stand: 15 minutes

- | | |
|--|---------------------------------|
| 1 5- to 6-pound cooked ham (rump half or shank portion) | 1 cup orange juice |
| 24 whole cloves | ½ cup packed brown sugar |
| 2 teaspoons finely shredded orange peel | 4 teaspoons cornstarch |
| | 1½ teaspoons dry mustard |

Score ham by making diagonal cuts in a diamond pattern. To stud with cloves, push long clove ends into scored intersections in ham. Place ham on rack in shallow roasting pan. Insert a meat thermometer. Bake in a 325° oven until thermometer registers 125°. For rump, bake 1¼ to 1½ hours; for shank, bake 1¾ to 2 hours.

For glaze, in saucepan combine remaining ingredients. Cook and stir over medium heat until thickened and bubbly. Cook and stir 2 minutes more. Brush over ham. Bake 15 to 30 minutes more or until thermometer registers 135°. Let stand 15 minutes before carving. (The meat's temperature will rise 5° during standing.) Pass remaining glaze. Makes 16 to 20 servings.

Nutrition facts per serving: 351 calories, 22 g total fat (7 g saturated fat), 88 mg cholesterol, 1,335 mg sodium, 8 g carbohydrate, 0 g fiber, 29 g protein

1930

Roasted Chicken

Prep: 10 minutes Roast: 1¼ hours

- | | |
|---------------------------------------|---|
| 1 3½- to 4-pound whole chicken | Cooking oil |
| Salt (optional) | Dried thyme or oregano, crushed (optional) |
| 1 small onion, quartered | |
| 2 stalks celery, cut up) | |

Rinse chicken; pat dry with paper towels. If desired, rub inside of body cavity with salt. Place onions and celery in body cavity. Skewer neck skin to back; tie legs to tail. Twist wing tips under back. Place chicken, breast side up, on a rack in a shallow roasting pan; brush with cooking oil and, if desired, sprinkle with herb.

If desired, insert a meat thermometer into center of an inside thigh muscle. Do not allow thermometer bulb to touch bone. Roast, uncovered, in a 375° oven for 1¼ to 1¾ hours or until drumsticks move easily in their sockets, chicken is no longer pink, and meat thermometer registers 180° to 185°. Remove chicken from oven; cover and let stand 10 minutes before carving. Makes 6 to 8 servings.

Nutrition facts per serving: 264 calories, 16 g total fat (4 g saturated fat), 92 mg cholesterol, 85 mg sodium, 0 g carbohydrate, 0 g fiber, 29 g protein

The Baked Ham in the 1930 edition of our cookbook was scored and studded with cloves just as this one is. However instead of orange juice, the brown sugar glaze used "enough vinegar to smooth to a thick sauce."



Not all 1930s cooks had the luxury of starting with a ready-to-cook chicken for roasting. For those who had to clean their own birds, our cookbook listed complete directions for removing the internal organs and singeing the pin feathers. Times sure have changed! For an attractive presentation, garnish the serving platter with kumquats, fresh bay leaves, and fresh herbs.

One of the most popular techniques for preparing chicken that came along in the 1950s was called oven-frying. It's still a popular technique today because, frankly, it still makes sense. You get that crunchy-crispy texture of the best fried chicken without the mess that goes along with pan-frying. So how can you go wrong?

Legend has it that a culinarily inclined sea captain created this dish after a voyage to India. Our recipe maintains that spirit of adventure by featuring out-of-the-ordinary ingredients, such as curry powder, mace, and currants, to complement perfectly prepared chicken.

Chicken Parmesan

1953

Prep: 20 minutes Bake: 45 minutes

- | | |
|--|---|
| 1 cup packaged herb stuffing mix, crushed | 2½ to 3 pounds meaty chicken pieces (breasts, thighs, and/or drumsticks) |
| ⅔ cup grated Parmesan cheese | |
| ¼ cup snipped fresh parsley | ¼ cup margarine or butter, melted |
| ¼ teaspoon garlic powder | |

In a shallow dish combine the stuffing mix, Parmesan cheese, parsley, and garlic powder; set aside. Skin the chicken. Rinse chicken; pat dry. Brush chicken with margarine; coat with stuffing mixture.

In a greased 15×10×1-inch or 13×9×2-inch baking pan, arrange chicken so the pieces do not touch. Bake, uncovered, in a 375° oven for 45 to 55 minutes or until tender and no longer pink. Do not turn pieces while baking. Makes 6 servings.

Nutrition facts per serving: 335 calories, 18 g total fat (5 g saturated fat), 85 mg cholesterol, 558 mg sodium, 12 g carbohydrate, 0 g fiber, 31 g protein

Country Captain

1981

Prep: 20 minutes Cook: 35 minutes

- | | |
|---|---|
| 2 to 2½ pounds meaty chicken pieces (breasts, thighs, and/or drumsticks) | 1 teaspoon instant chicken bouillon granules |
| 1 14½-ounce can stewed tomatoes | ½ teaspoon ground mace or nutmeg |
| ¼ cup currants or raisins | ¼ teaspoon sugar |
| 2 to 3 teaspoons curry powder | 1 tablespoon cornstarch |
| | 3 cups hot cooked rice |
| | 2 tablespoons snipped fresh Italian parsley |

Skin chicken. Rinse chicken; pat dry. In a large skillet stir together undrained tomatoes, currants or raisins, curry powder, bouillon granules, mace or nutmeg, and sugar. Place chicken in skillet. Spoon sauce over chicken. Bring mixture to boiling; reduce heat. Cover and simmer 35 to 45 minutes or until chicken is tender and no longer pink. Remove chicken from skillet; keep warm.

For sauce, skim fat from mixture in skillet. In a small bowl stir together cornstarch and 1 tablespoon cold water; add to skillet. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Serve sauce over hot rice and chicken. Sprinkle with parsley. Makes 6 servings.

Nutrition facts per serving: 277 calories, 5 g total fat (1 g saturated fat), 61 mg cholesterol, 380 mg sodium, 33 g carbohydrate, 2 g fiber, 23 g protein

1937

Chicken Potpies

Prep: 50 minutes

Bake: 12 minutes

Pastry for Double-Crust Pie (see page 79)

- | | | | |
|---------------|--|---------------|---|
| 1 | 10-ounce package frozen peas and carrots | $\frac{1}{8}$ | teaspoon pepper |
| $\frac{1}{2}$ | cup chopped onion (1 medium) | 2 | cups chicken broth |
| $\frac{1}{2}$ | cup chopped fresh mushrooms | $\frac{3}{4}$ | cup milk |
| $\frac{1}{4}$ | cup margarine or butter | 3 | cups cubed cooked chicken or turkey (1 pound) |
| $\frac{1}{3}$ | cup all-purpose flour | $\frac{1}{4}$ | cup snipped fresh parsley |
| $\frac{1}{2}$ | teaspoon salt | $\frac{1}{4}$ | cup diced pimiento |
| $\frac{1}{2}$ | teaspoon dried sage, marjoram, or thyme, crushed | | |



One of the original comfort foods now staging a comeback, Chicken Potpie appeared in our 1937 edition. Instead of having a full pastry crust, as the current recipe does, it only sported pastry triangles on top.

Prepare dough for Pastry for Double-Crust Pie; set aside. Cook peas and carrots according to package directions; drain and set aside.

In a saucepan cook onion and mushrooms in margarine or butter until tender. Stir in flour; salt; sage, marjoram, or thyme; and pepper. Add chicken broth and milk all at once. Cook and stir until thickened and bubbly. Stir in drained peas and carrots, chicken or turkey, parsley, and pimiento; cook until bubbly.

Pour mixture into six 10-ounce casseroles. (Or, use a 2-quart rectangular baking dish.)

Roll pastry into a 15×10-inch rectangle. Cut into six 5-inch circles and place atop the hot chicken mixture in the 10-ounce casseroles. (Or, roll pastry into a 13×9-inch rectangle. Place over the rectangular baking dish.) Flute edges of pastry and cut slits or tiny decorative shapes in the pastry tops for steam to escape. Bake in a 450° oven for 12 to 15 minutes or until pastry is golden brown. Makes 6 servings.

Biscuit-Topped Chicken Potpies: Prepare as above, except omit pastry. Cut 1 package (6) refrigerated biscuits into quarters and arrange atop bubbly chicken mixture in individual casseroles or the baking dish. Bake in a 400° oven about 15 minutes or until biscuits are golden.

Nutrition facts per serving: 638 calories, 38 g total fat (9 g saturated fat), 70 mg cholesterol, 820 mg sodium, 43 g carbohydrate, 3 g fiber, 31 g protein

Nutrition facts per Biscuit-Topped Chicken Potpie: 390 calories, 19 g total fat (5 g saturated fat)

There are many cassoulet versions. Some of the more classic recipes require a couple days' worth of preparation and lots of laborious steps along the way. Not this one. We've found that the bottom line for any good cassoulet is that it be hearty and satisfying. That's exactly why this is such a special cassoulet recipe: It has every bit of the goodness and none of the tedium.

1976

Chicken Cassoulet

Prep: 1 hour 20 minutes Cook: 4½ to 11 hours

- | | |
|---|---|
| 1 cup dry navy beans
(7 to 8 ounces) | 1 teaspoon instant beef
or chicken bouillon
granules |
| 2½ to 3 pounds meaty
chicken pieces
(breasts, thighs,
and/or drumsticks) | ½ teaspoon dried basil,
crushed |
| ½ pound cooked Polish
sausage | ½ teaspoon dried
oregano, crushed |
| 1 cup tomato juice | ½ teaspoon paprika |
| 1 tablespoon | ½ cup chopped carrot |
| Worcestershire sauce | ½ cup chopped celery |
| | ½ cup chopped onion
(1 medium) |

Rinse beans; place in a medium saucepan. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover; let stand for 1 hour. (Or, place the beans in a large bowl. Cover with water to about 2 inches above beans. Allow to soak in a cool place overnight.) Drain and rinse beans.

Meanwhile, skin the chicken. Rinse chicken; pat dry and set aside. Halve sausage lengthwise and cut into 1-inch-thick pieces. In a medium mixing bowl combine drained beans, sausage, tomato juice, Worcestershire sauce, bouillon granules, basil, oregano, and paprika. Set aside.

In a 3½- or 4-quart electric crockery cooker combine the carrot, celery, and onion. Place chicken pieces on top. Pour bean mixture over chicken. Cover; cook on low-heat setting for 9 to 11 hours or on high-heat setting for 4½ to 5½ hours. Remove chicken and sausage with a slotted spoon. Mash bean mixture slightly. Serve chicken, sausage, and beans in soup bowls. Makes 6 servings.

Nutrition facts per serving: 381 calories, 16 g total fat (5 g saturated fat), 88 mg cholesterol, 720 mg sodium, 26 g carbohydrate, 4 g fiber, 32 g protein

1937

India Chicken Curry

Start to finish: 20 minutes

- | | |
|---|---|
| $\frac{1}{2}$ cup finely chopped onion (1 medium) | 1 teaspoon curry powder |
| $\frac{1}{2}$ cup finely chopped celery | $1\frac{1}{2}$ cups chicken broth |
| 2 tablespoons margarine or butter | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 3 tablespoons all-purpose flour | $1\frac{1}{2}$ cups chopped cooked chicken (8 ounces) |
| | $\frac{1}{2}$ cup tomato juice |
| | 2 cups hot cooked rice |

In a medium saucepan cook the onion and celery in hot margarine or butter until tender. Stir in the flour and curry powder. Add the chicken broth and Worcestershire sauce. Cook and stir until thickened and bubbly. Stir in the cooked chicken and tomato juice; heat through. If desired, season to taste with salt and pepper. Serve over hot rice. Makes 4 servings.

Nutrition facts per serving: 312 calories, 11 g total fat (2 g saturated fat), 51 mg cholesterol, 539 mg sodium, 31 g carbohydrate, 1 g fiber, 22 g protein

1930

Chicken à la King

Start to finish: 25 minutes

- | | |
|--|---|
| 1 cup sliced fresh mushrooms | 3 beaten egg yolks |
| $\frac{1}{4}$ cup chopped green sweet pepper | 2 tablespoons dry sherry |
| $\frac{1}{4}$ cup chopped onion | 1 tablespoon lemon juice |
| 3 tablespoons margarine or butter | 2 cups cubed cooked chicken (10 ounces) |
| 2 tablespoons all-purpose flour | 2 tablespoons diced pimiento |
| $\frac{1}{2}$ teaspoon paprika | 24 toast points |
| $2\frac{1}{2}$ cups half-and-half or light cream | |

In a large saucepan cook mushrooms, sweet pepper, and onion in margarine or butter until tender. Stir in flour, paprika, and $\frac{1}{2}$ teaspoon salt. Add half-and-half all at once. Cook and stir until thickened and bubbly.

Stir about 1 cup of the thickened sauce into the beaten egg yolks; return to saucepan. Cook and stir over medium heat until bubbly. Stir in sherry and lemon juice. Add chicken and pimiento; heat through. Serve over toast points. Makes 6 servings.

Nutrition facts per serving: 424 calories, 26 g total fat (11 g saturated fat), 200 mg cholesterol, 474 mg sodium, 21 g carbohydrate, 1 g fiber, 25 g protein

When you see the word "curry" in a recipe title, it's hard to know what to expect because there's a wide range of spiciness. On a scale from mild to "pass the fire extinguisher," this curry rates as fairly mild, making it a great family dish. But curry fanatics shouldn't pass it by because plenty of curry flavor shines through without masking the well-balanced flavors of all the other ingredients.

This homey family dish is as comforting today as it was in 1930. The creamy chicken was originally served on a bed of fried noodles. The updated version features a sherry-flavored cream sauce and is served over more traditional toast points.

When Paul Prudhomme's recipe for blackened redfish debuted in the early 1980s, the whole country went wild for Cajun food—and rightly so. Our recipe for this restaurant favorite makes use of the Cajun combination of three types of ground pepper—white, black, and red—so you better believe this is one spicy and flavor-packed dish. But one word of caution: This dish smokes a lot as it cooks. It is imperative to make it outside on the grill.

Many cooks are trying oven-frying as a modern healthful alternative to deep-fat frying. But the technique actually goes back a long way. In fact, we first published this recipe as *Golden Baked Fish* in 1937.

1989 Grilled Blackened Redfish

Prep: 15 minutes Grill: 4 minutes

- | | |
|---|--|
| 4 4-ounce fresh or frozen redfish or red snapper fillets | ½ teaspoon ground red pepper |
| ½ teaspoon onion powder | ½ teaspoon dried thyme, crushed |
| ½ teaspoon ground white pepper | ½ teaspoon garlic powder |
| ½ teaspoon ground black pepper | ¼ teaspoon salt |
| | 3 tablespoons margarine or butter, melted |

Thaw fish, if frozen. Measure thickness of fish. Combine the onion powder, white pepper, black pepper, red pepper, thyme, garlic powder, and salt. Brush fish with some of the melted margarine. Coat fish evenly on both sides with pepper mixture.

Remove grill rack from grill. Place a 12-inch cast-iron skillet directly on hot coals. Heat 5 minutes or until a drop of water sizzles in the skillet. Add fish to skillet. Drizzle fish with remaining melted margarine. Cook, uncovered, for 2 to 3 minutes per side for ½- to ¾-inch-thick fillets (3 to 4 minutes per side for 1-inch-thick fillets) or until fish flakes easily when tested with a fork. Makes 4 servings.

Nutrition facts per serving: 194 calories, 10 g total fat (2 g saturated fat), 42 mg cholesterol, 151 mg sodium, 1 g carbohydrate, 0 g fiber, 24 g protein

1937 Crispy Oven-Fried Fish

Prep: 15 minutes Bake: 6 minutes

- | | |
|---|--|
| 1 pound fresh or frozen skinless cod, orange roughly, or catfish fillets, about ½ inch thick | ¼ cup grated Parmesan cheese |
| ¼ cup milk | ½ teaspoon dried dillweed |
| ¼ cup all-purpose flour | 2 tablespoons margarine or butter, melted |
| ⅓ cup fine dry bread crumbs | |

Thaw fish, if frozen. Grease baking sheet; set aside. Rinse fish; pat dry. Cut into 4 serving-size pieces. Place milk in shallow dish. Place flour in another shallow dish. In third shallow dish mix crumbs, cheese, dillweed, and ½ teaspoon pepper. Toss with melted margarine. Dip fish in milk, then in flour. Dip again in milk, then in crumb mixture to coat all sides. Place on prepared baking sheet. Bake, uncovered, in 450° oven for 6 to 9 minutes or until fish flakes easily when tested with a fork. Makes 4 servings.

Nutrition facts per serving: 232 calories, 9 g total fat (3 g saturated fat), 51 mg cholesterol, 316 mg sodium, 13 g carbohydrate, 1 g fiber, 24 g protein

1996

Chilled Salmon Steaks with Lemon-Dill Dressing

Prep: 15 minutes

Cook: 8 minutes

Chill: 2 hours

- 6 fresh or frozen salmon or halibut steaks, 1 to 1½ inches thick (about 2 pounds total)
- 1½ cups water
- ¼ cup lemon juice
- 1 medium onion, sliced
- 10 whole black peppercorns
- 3 sprigs fresh parsley
- 2 bay leaves
- ½ teaspoon salt
- 1 recipe Lemon-Dill Dressing (see below)
- Fresh dill sprigs



Thaw fish, if frozen. Rinse fish and pat dry with paper towels; set aside. In a 12-inch skillet combine water, lemon juice, onion, peppercorns, parsley, bay leaves, and salt. Bring to boiling; add fish steaks. Return to boiling; reduce heat. Cover; simmer for 8 to 12 minutes or until fish flakes easily when tested with a fork. Remove fish from skillet; discard poaching liquid. Cover; chill in refrigerator about 2 hours or until chilled thoroughly. Serve with Lemon-Dill Dressing. If desired, garnish with fresh dill sprigs. Makes 6 servings.

Lemon-Dill Dressing: In a small mixing bowl stir together ¾ cup mayonnaise or salad dressing, 3 tablespoons buttermilk, 2 tablespoons snipped fresh dill or 2 teaspoons dried dillweed, 1 tablespoon snipped fresh chives, ½ teaspoon finely shredded lemon peel, and 2 teaspoons lemon juice. Cover and chill in refrigerator at least 1 hour.

Nutrition facts per serving: 339 calories, 27 g total fat (4 g saturated fat), 43 mg cholesterol, 433 mg sodium, 1 g carbohydrate, 0 g fiber, 22 g protein

Interest in fish and seafood has blossomed in recent decades. This elegant chilled salmon recipe from the most recent edition of our red plaid cookbook is an example of the type of restaurant dish Americans now want to make at home. Our creamy dressing features a mixture of fresh dill and lemon, both traditional seasonings for salmon.

Corn chowder has been a family mainstay for many years—we can't imagine it ever going out of style. Nonetheless, we've altered this recipe a bit since 1953. Originally, it was served with a pat of butter floating in each bowlful—a presentation today's more health-conscious society can easily do without.



For us, this recipe is the ultimate macaroni and cheese. Its feather-light, soufflélike consistency distinguishes it from much heavier baked versions, but the flavor is every bit as rich and creamy.

1953

Supper Corn Chowder

Start to finish: 25 minutes

- | | |
|---|--|
| 3 slices bacon | 1½ cups chopped cooked potatoes |
| 1 medium onion, chopped | 1 10¼-ounce can condensed cream of mushroom soup |
| 2 cups milk | ½ teaspoon dried thyme, crushed (optional) |
| 2 cups cooked or canned whole kernel corn | |

In large saucepan cook bacon until crisp. Remove bacon, reserving 1 tablespoon drippings. Drain bacon on paper towels; crumble and set aside. Cook onion in reserved drippings until tender. Stir in milk, corn, potatoes, soup, thyme (if desired), and dash pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes. If desired, mash slightly. Ladle into bowls; sprinkle bacon over each serving. Makes 4 servings.

Nutrition facts per serving: 331 calories, 12 g total fat (4 g saturated fat), 14 mg cholesterol, 772 mg sodium, 50 g carbohydrate, 5 g fiber, 11 g protein

1968

Macaroni-Cheese Puff

Prep: 30 minutes Bake: 50 minutes

- | | |
|---|------------------------------------|
| ½ cup dried elbow macaroni | 1 cup soft bread crumbs |
| 1½ cups milk | ¼ cup diced pimiento |
| 6 ounces sharp process American cheese slices, torn | 1 tablespoon snipped fresh parsley |
| 3 tablespoons margarine or butter | 1 tablespoon finely chopped onion |
| 3 egg yolks | 3 egg whites |
| | ¼ teaspoon cream of tartar |

Cook macaroni according to package directions. Drain; set aside. Meanwhile, in a large saucepan combine the milk, cheese, and margarine or butter. Cook and stir over low heat until cheese is melted. Remove from heat. In a small bowl beat the egg yolks. Stir about ½ cup of the hot cheese mixture into the egg yolks. Pour egg yolk mixture into saucepan, stirring to combine. Add the drained macaroni, bread crumbs, pimiento, parsley, and onion. Set aside.

Beat egg whites and cream of tartar until stiff peaks form (tips stand straight). Gently fold into macaroni mixture. Pour mixture into ungreased 1½-quart soufflé dish. Bake in a 325° oven for 50 minutes. Serve immediately. Makes 6 servings.

Nutrition facts per serving: 284 calories, 19 g total fat (8 g saturated fat), 138 mg cholesterol, 574 mg sodium, 15 g carbohydrate, 1 g fiber, 13 g protein



1981 Choose-a-Flavor Quiche

Prep: 25 minutes Bake: 35 minutes Stand: 10 minutes

Pastry for Single-Crust Pie (see page 55)

- 3 beaten eggs
- 1½ cups milk
- ¼ cup sliced green onions (2)
- ¼ teaspoon salt
- ½ teaspoon pepper
- Dash ground nutmeg

- ¾ cup chopped cooked ham, chicken, or crabmeat
- 1½ cups shredded Swiss, cheddar, Monterey Jack, or Havarti cheese (6 ounces)
- 1 tablespoon all-purpose flour

Prepare pastry and line pie plate as directed. Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake in a 450° oven for 5 minutes. Remove foil. Bake for 5 to 7 minutes more or until pastry is nearly done. Remove from oven. Reduce oven temperature to 325°.

Meanwhile, in bowl stir together eggs, milk, green onions, salt, pepper, and nutmeg. Stir in ham, chicken, or crabmeat. Toss together the cheese and flour. Add to egg mixture; mix well. Pour egg mixture into hot pastry shell. To prevent overbrowning, cover edge of crust with foil. Bake in the 325° oven for 35 to 40 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving. Makes 6 servings.

Nutrition facts per serving: 393 calories, 24 g total fat (10 g saturated fat), 146 mg cholesterol, 525 mg sodium, 24 g carbohydrate, 1 g fiber, 20 g protein

Quiche took America by storm in the 1970s, appearing on restaurant and home menus as a popular brunch or luncheon entrée. Classic Quiche Lorraine first appeared in our 1981 edition. This delectable recipe gives you several cheese options as well as allowing you to select from ham, chicken, or crabmeat.

In days gone by, Spinach Loaf was served as a side dish. But today's trend is toward lighter meals, making it a fitting choice if you're looking for a light, yet satisfying, main dish. You'll find the zippy flavors of the accompanying tomato-bacon sauce to be a perfect foil for the refined flavor of spinach.



1937

Spinach Loaf

Prep: 25 minutes Bake: 20 minutes

- | | |
|--|---|
| 2 10-ounce packages frozen chopped spinach, thawed | 4 slices bacon, chopped |
| 2 beaten eggs | 2 tablespoons chopped onion |
| $\frac{3}{4}$ cup shredded cheddar cheese (3 ounces) | 2 tablespoons chopped green sweet pepper |
| $\frac{1}{3}$ cup fine dry bread crumbs | 2 teaspoons all-purpose flour |
| 1 tablespoon vinegar | Dash ground black pepper |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup water |
| Dash ground black pepper | 2 medium tomatoes, peeled, seeded, and chopped |

Squeeze the excess liquid from spinach; set aside. In a mixing bowl combine the eggs, cheese, bread crumbs, vinegar, salt, and dash black pepper. Stir in the well-drained spinach. Pat mixture into a greased 8×4×2-inch loaf pan. (At this point, loaf may be covered and refrigerated overnight before baking.)

Bake, uncovered, in a 400° oven for 20 to 25 minutes or until a knife inserted in the center comes out clean.

Meanwhile, in a medium skillet cook bacon until crisp. Remove from skillet, reserving 2 teaspoons of the drippings. Drain bacon on paper towels. Cook onion and sweet pepper in hot drippings over medium heat for 5 minutes or until tender. Stir in the flour and dash black pepper. Gradually stir in water. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in bacon and tomatoes; heat through. To serve, invert loaf onto platter. Cut loaf into slices; serve with sauce. Makes 8 servings.

Nutrition facts per serving: 118 calories, 7 g total fat (3 g saturated fat), 67 mg cholesterol, 340 mg sodium, 8 g carbohydrate, 2 g fiber, 8 g protein

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Scalloped Potatoes haven't changed much in 70 years. Our original recipe layered potatoes with a white sauce and a dab of butter. Today's version includes a little extra onion and garlic.

1930

Scalloped Potatoes

Prep: 25 minutes Bake: 1 hour 10 minutes

- | | |
|---|---|
| $\frac{1}{2}$ cup chopped onion
(1 medium) | $\frac{1}{4}$ teaspoon pepper |
| 1 clove garlic, minced | Dash salt |
| 2 tablespoons margarine
or butter | $1\frac{1}{4}$ cups milk |
| 2 tablespoons
all-purpose flour | 1 pound potatoes
(such as long white,
round white, round
red, or yellow) |

Grease a $1\frac{1}{2}$ -quart casserole; set aside. For sauce, in a small saucepan cook onion and garlic in margarine or butter until tender. Stir in flour, pepper, and salt. Add milk all at once. Cook and stir over medium heat until thickened and bubbly.

Thinly slice potatoes. Place half of the potatoes in prepared casserole. Cover with half the sauce. Repeat layers.

Bake, covered, in a 350° oven for 40 minutes. Uncover and bake about 30 minutes more or until potatoes are tender. Makes 4 to 6 servings.

Nutrition facts per serving: 228 calories, 7 g total fat (2 g saturated fat), 6 mg cholesterol, 148 mg sodium, 35 g carbohydrate, 1 g fiber, 6 g protein

Take a big, creamy mound of mashed potatoes, shape it into a volcanic cone, add a little cheese and cream, and—oh boy!—you just created an all-time kid favorite. And whether you're a kid or just a kid at heart, you'll love this deliciously playful treatment of classic mashed potatoes.

1953

Volcano Potatoes

Prep: 35 minutes Bake: 20 minutes

- | | |
|---|--|
| $1\frac{1}{2}$ pounds baking
potatoes (4 to
5 medium) | $\frac{1}{8}$ teaspoon pepper |
| 1 to 3 tablespoons milk | $\frac{1}{2}$ cup whipping cream |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup shredded sharp
or regular American
cheese (2 ounces) |

Peel and quarter potatoes. In a covered saucepan cook potatoes in a small amount of boiling water 20 to 25 minutes or until tender; drain. Mash with potato masher or beat with electric mixer on low speed. Gradually beat in enough of the milk to make light and fluffy. Stir in salt and pepper. Grease 9-inch pie plate. Mound potatoes in pie plate, forming into a volcano shape about 3 inches tall and 5 inches across at the base. (Leave 1-inch space between potato mixture and edge of pie plate.) Make a deep hole or crater in the center of the mound.

In a small bowl whip the cream until soft peaks form; fold in cheese. Spoon cream mixture into the hole, allowing the excess to flow down side. Bake, uncovered, in a 350° oven about 20 minutes or until golden and bubbly. Makes 5 servings.

Nutrition facts per serving: 242 calories, 13 g total fat (8 g saturated fat), 44 mg cholesterol, 393 mg sodium, 28 g carbohydrate, 2 g fiber, 5 g protein

1936

Potatoes Floradora

Prep: 20 minutes Bake: 35 minutes

- | | |
|---|---|
| 6 potatoes (about 2 pounds), washed | 1 tablespoon all-purpose flour |
| 1 onion, finely chopped | 1 teaspoon snipped fresh parsley |
| 1 cup finely chopped fresh mushrooms | ¼ teaspoon paprika |
| 2 tablespoons margarine or butter | 3 tablespoons milk |
| | 1 beaten egg yolk |

Cut a thin slice from top of each potato. Carefully scoop out potato without harming skin, leaving a ½-inch-thick shell. (If necessary, to make potatoes sit flat, cut a thin slice from bottom of each.) Place shells in a large bowl. Cover with water until needed. Finely chop scooped-out potato.

In a large skillet cook chopped potato, onion, and mushrooms in hot margarine until onion is tender. Stir in flour, parsley, paprika, ½ teaspoon salt, and ¼ teaspoon pepper. Cook until golden. Add milk; cook and stir until slightly thickened. Stir into beaten egg yolk. Drain potato shells and fill with cooked potato mixture. Place in shallow baking pan. Bake potatoes, uncovered, in a 450° oven about 35 minutes or until potato shells are tender. Makes 6 servings.

Nutrition facts per serving: 216 calories, 5 g total fat (1 g saturated fat), 36 mg cholesterol, 240 mg sodium, 39 g carbohydrate, 2 g fiber, 5 g protein

1981

Sweet Potato-Cashew Bake

Prep: 20 minutes Bake: 1 hour

- | | |
|---|--|
| 6 medium sweet potatoes | ½ teaspoon ground ginger |
| 1 16-ounce package frozen unsweetened peach slices | 2 tablespoons margarine or butter |
| ½ cup packed brown sugar | ¼ cup coarsely chopped cashews |

Peel potatoes and cut into ½-inch-thick slices. In a 2-quart rectangular baking dish layer half of the potato slices and half of the peach slices. In a small bowl combine brown sugar and ginger. Sprinkle half of mixture over potatoes and peaches. Repeat layers. Dot with margarine or butter. Bake, covered, in a 350° oven for 45 minutes, stirring once. Uncover; sprinkle with cashews. Bake, uncovered, about 15 minutes more or until potatoes are tender. Spoon cooking juices over potatoes and peaches before serving. Makes 6 to 8 servings.

Nutrition facts per serving: 278 calories, 7 g total fat (1 g saturated fat), 0 mg cholesterol, 89 mg sodium, 54 g carbohydrate, 6 g fiber, 4 g protein

During the Depression, finding creative ways to dress up ordinary ingredients was important. Potatoes Floradora offers a terrific example of how to make a lot out of a little. Hollowed potato jackets are filled with sautéed onion, mushrooms, potato, and a few seasonings, then baked. This makes a pretty presentation, as well as a delicious dish that is eminently satisfying.



Sweet potatoes are usually served baked, candied, or with marshmallows (and that's just dandy!), but they do deserve a little more variety. Here's a nice departure from the routine. Peaches, cashews, and ginger complement this surprisingly versatile vegetable in a simple and homey dish.



By the early 1980s Oriental stir-fry had so many fans it had made its way into our cookbook. In that edition, we not only featured main-dish stir-frys, but also this colorful, fresh-tasting side dish, seasoned with soy sauce and grated fresh ginger.

1981

Asparagus-Tomato Stir-Fry

Start to finish: 25 minutes

- | | |
|---|--|
| $\frac{3}{4}$ pound fresh asparagus spears or one 10-ounce package frozen cut asparagus | 4 green onions, bias-sliced into 1-inch lengths ($\frac{1}{2}$ cup) |
| $\frac{1}{4}$ cup chicken broth | $\frac{1}{2}$ cups sliced fresh mushrooms |
| 2 teaspoons soy sauce | 2 small tomatoes, cut into thin wedges |
| 1 teaspoon cornstarch | |
| 1 tablespoon cooking oil | |
| $\frac{1}{2}$ teaspoon grated fresh ginger | |

Snap off and discard woody bases from fresh asparagus. If desired, scrape off scales. Bias-slice asparagus into 1-inch-long pieces. (Or, thaw and drain frozen asparagus.) For sauce, combine broth, soy sauce, and cornstarch.

Pour oil into a wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry ginger in hot oil 30 seconds. Add asparagus and green onions; stir-fry 3 minutes. Add mushrooms; stir-fry 1 minute more or until asparagus is crisp-tender.

Push the vegetables from center of wok. Stir sauce; add to center of wok. Cook and stir until thickened and bubbly. Add tomatoes. Stir to coat with sauce; heat through. Makes 4 servings.

Nutrition facts per serving: 70 calories, 4 g total fat (1 g saturated fat), 0 mg cholesterol, 227 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein

1968

Swiss Corn Bake

Prep: 20 minutes Bake: 25 minutes Stand: 5 minutes

- | | |
|--|---|
| 4 cups fresh corn kernels or two 10-ounce packages frozen whole kernel corn | Dash pepper |
| 2 beaten eggs | $\frac{3}{4}$ cup shredded process Swiss or Gruyère cheese (3 ounces) |
| 2 5-ounce cans (1$\frac{1}{2}$ cups) evaporated milk | $\frac{3}{4}$ cup soft bread crumbs (1 slice) |
| 2 tablespoons finely chopped onion | 1 tablespoon margarine or butter, melted |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{4}$ cup shredded process Swiss or Gruyère cheese (1 ounce) |

Grease a 9-inch pie plate or an 8-inch quiche dish; set aside. In a covered medium saucepan cook fresh corn in a small amount of boiling lightly salted water for 4 minutes. (Or, cook frozen corn according to package directions.) Drain well.

In a medium mixing bowl combine drained corn, beaten eggs, milk, onion, salt, and pepper. Stir in the $\frac{3}{4}$ cup cheese. Transfer mixture to prepared pie plate or quiche dish.

In a small bowl combine soft bread crumbs and melted margarine or butter. Stir in the $\frac{1}{4}$ cup cheese. Sprinkle over corn mixture. Bake, uncovered, in a 350° oven for 25 to 35 minutes or until a knife inserted near the center comes out clean. Let stand for 5 to 10 minutes before serving. Makes 6 servings.

Nutrition facts per serving: 296 calories, 13 g total fat (6 g saturated fat), 101 mg cholesterol, 487 mg sodium, 34 g carbohydrate, 4 g fiber, 14 g protein

Isn't it a treat when something so simple to prepare turns out to be tasty as well? That's what you can expect when you make and serve Swiss Corn Bake. Cheese and corn in a creamy, custardlike setting make a perfect combination.



With flavors so familiar and homey, this is comfort food at its best. The stuffing is exactly what you'd hope for—a buttery-tasting, satisfying match for the zucchini. Serve Stuffed Zucchini Squash alongside grilled meat or fish and you have the makings for a hearty humdinger of a meal.



This stuffing has been one of our treasured recipes ever since our first edition, but this dressed-up version first appeared in 1981. In it, nutmeg not only seasons the usual bread cubes, but carrots, celery, onions, apples, and walnuts as well. Wheat germ adds an extra bit of crunch.

1945

Stuffed Zucchini Squash

Prep: 20 minutes Bake: 20 minutes

- | | |
|---|--------------------------------------|
| 3 medium zucchini (each 6 to 7 inches long and 5 to 6 ounces) | 2 tablespoons finely chopped onion |
| Salt | 2 tablespoons snipped fresh parsley |
| 1 beaten egg | Dash pepper |
| 1 tablespoon margarine or butter, melted and cooled | 1½ cups soft bread crumbs (2 slices) |
| ¼ cup grated Parmesan cheese | 1 tablespoon grated Parmesan cheese |

Trim ends of zucchini; do not peel. Cook whole zucchini in boiling water for 5 minutes or until crisp-tender. Cool slightly. Halve lengthwise. Scoop out pulp, leaving a ¼-inch-thick shell. Chop pulp; set aside. Sprinkle shells lightly with salt. Arrange in a 2-quart rectangular baking dish.

In a medium mixing bowl combine egg, margarine, the ¼ cup Parmesan, onion, parsley, and pepper. Stir in chopped pulp and bread crumbs; spoon filling into shells. Sprinkle with the 1 tablespoon Parmesan. Bake, uncovered, in a 350° oven about 20 minutes or until set and heated through. Makes 6 servings.

Nutrition facts per serving: 94 calories, 5 g total fat (3 g saturated fat), 45 mg cholesterol, 210 mg sodium, 9 g carbohydrate, 1 g fiber, 5 g protein

1981

Harvest Stuffing

Prep: 20 minutes Bake: 40 minutes

- | | |
|--------------------------------|-------------------------------------|
| 1 cup shredded carrots | 8 cups dry bread cubes |
| 1 cup chopped celery | 2 cups finely chopped peeled apples |
| ½ cup chopped onion (1 medium) | ½ cup chopped walnuts |
| ½ cup margarine or butter | ¼ cup toasted wheat germ |
| ¼ teaspoon ground nutmeg | ½ to 1 cup chicken broth |

Cook carrots, celery, and onion in hot margarine until tender. Stir in nutmeg, ¼ teaspoon salt, and ¼ teaspoon pepper.

In a large bowl combine bread cubes, apples, nuts, and wheat germ; add carrot mixture. Drizzle with enough of the broth to moisten, tossing lightly. Place stuffing in a 3-quart casserole. Cover and bake in a 325° oven for 40 to 45 minutes or until heated through. Makes 12 to 14 servings.

Nutrition facts per serving: 221 calories, 12 g total fat (3 g saturated fat), 0 mg cholesterol, 363 mg sodium, 24 g carbohydrate, 1 g fiber, 5 g protein

1941

Pennsylvania Red Cabbage

Start to finish: 15 minutes

- | | |
|---------------------------|--|
| 2 tablespoons brown sugar | ¼ teaspoon caraway seed |
| 2 tablespoons vinegar | 2 cups shredded red or green cabbage |
| 2 tablespoons water | ¾ cup coarsely chopped apple (1 small) |
| 1 tablespoon cooking oil | |

In a large skillet combine the brown sugar, vinegar, water, oil, caraway seed, ¼ teaspoon salt, and dash pepper. Cook for 2 to 3 minutes or until hot, stirring occasionally. Stir in the cabbage and apple. Cover and cook over medium-low heat about 5 minutes or until cabbage is crisp-tender, stirring occasionally. Makes 3 or 4 servings.

Nutrition facts per serving: 90 calories, 5 g total fat (1 g saturated fat), 0 mg cholesterol, 184 mg sodium, 13 g carbohydrate, 2 g fiber, 1 g protein

1981

Baked Bean Quintet

Prep: 10 minutes Bake: 1 hour

- | | |
|---|--|
| 1 cup chopped onion (1 large) | 1 15-ounce can garbanzo beans, drained |
| 6 slices bacon, cut up | ¾ cup catsup |
| 1 clove garlic, minced | ½ cup molasses |
| 1 16-ounce can lima beans, drained | ¼ cup packed brown sugar |
| 1 16-ounce can pork and beans in tomato sauce | 1 tablespoon prepared mustard |
| 1 15½-ounce can red kidney beans, drained | 1 tablespoon Worcestershire sauce |
| 1 15-ounce can butter beans, drained | |

In a skillet cook onion, bacon, and garlic until bacon is done and onion is tender; drain. In bowl combine onion mixture, all beans, catsup, molasses, brown sugar, mustard, and Worcestershire sauce. Transfer to a 3-quart casserole. Bake, covered, in a 375° oven for 1 hour. Makes 12 to 16 servings.

Crockery-cooker directions: Prepare bean mixture as above. Transfer to a 3½- or 4-quart electric crockery cooker. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 4 to 5 hours.

Nutrition facts per serving: 236 calories, 3 g total fat (1 g saturated fat), 5 mg cholesterol, 768 mg sodium, 46 g carbohydrate, 8 g fiber, 11 g protein

Sweet-sour cabbage 1940s-style required the cabbage to be simmered in 2 cups of water. Today, to keep the cabbage crisp-tender, we quickly steam, rather than simmer it.

Because they've been an American staple since Colonial days, baked beans were a shoo-in for a place in our 1930 cookbook—but the recipe used kidney beans, not navy or white beans. By the second edition, a more traditional version appeared. Today, we offer three different bean recipes, including this 1980s spin-off that gives you the option of making them in the oven or crockery cooker. Take them along the next time you're invited to a potluck.

As a trip through any restaurant buffet line proves, this creamy pasta salad is perennially popular. We've dressed up the 1950s version by adding peas and sliced radishes. You can make the flavor of your salad sweet or sour by using either sweet or dill pickle relish or pickles.

1952

Macaroni Salad

Prep: 30 minutes Chill: 4 to 24 hours

- | | |
|---|--|
| 1 cup dried elbow macaroni or wagon-wheel macaroni (3 ounces) | 2 tablespoons thinly sliced green onion or chopped onion |
| $\frac{3}{4}$ cup cubed cheddar or American cheese (3 ounces) | $\frac{1}{2}$ cup mayonnaise or salad dressing |
| $\frac{1}{2}$ cup thinly sliced celery (1 stalk) | $\frac{1}{4}$ cup sweet or dill pickle relish or chopped sweet or dill pickles |
| $\frac{1}{2}$ cup frozen peas | 2 tablespoons milk |
| $\frac{1}{2}$ cup thinly sliced radishes | $\frac{1}{4}$ teaspoon salt |
| | Dash pepper |
| | 2 hard-cooked eggs, coarsely chopped |
| | Milk (optional) |

Cook pasta according to package directions. Drain pasta. Rinse with cold water; drain again. In a large mixing bowl combine cooked pasta, cheese, celery, peas, radishes, and green onion.

For dressing, in a small bowl stir together mayonnaise or salad dressing, pickle relish or pickles, the 2 tablespoons milk, the salt, and pepper.

Pour dressing over pasta mixture. Add chopped eggs. Toss lightly to coat. Cover and chill in the refrigerator for at least 4 hours or up to 24 hours. Before serving, if necessary, stir in additional milk to moisten. Makes 6 servings.

Nutrition facts per serving: 298 calories, 22 g total fat (6 g saturated fat), 97 mg cholesterol, 409 mg sodium, 18 g carbohydrate, 1 g fiber, 9 g protein

1930

Thousand Island Dressing

Start to finish: 20 minutes

- | | |
|--|--|
| 1 cup mayonnaise or salad dressing | 1 teaspoon Worcestershire sauce or prepared horseradish (optional) |
| ¼ cup chili sauce | |
| 2 tablespoons finely chopped pimiento-stuffed olives | 1 hard-cooked egg, finely chopped |
| 2 tablespoons finely chopped green or red sweet pepper | 1 to 2 tablespoons milk (optional) |
| 2 tablespoons finely chopped onion | |

In small bowl combine mayonnaise or salad dressing and chili sauce. Stir in olives, sweet pepper, onion, Worcestershire sauce or prepared horseradish (if desired), and hard-cooked egg.

Serve immediately or cover and store in refrigerator for up to 1 week. Before serving, if necessary, stir in enough of the milk to make dressing of desired consistency. Makes 1½ cups.

Nutrition facts per tablespoon: 73 calories, 8 g total fat (1 g saturated fat), 14 mg cholesterol, 104 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g protein

1953

Green Goddess Dressing

Start to finish: 15 minutes

- | | |
|--|--|
| ¾ cup packed fresh parsley sprigs | 1 teaspoon anchovy paste or 1 anchovy fillet, cut up |
| ⅓ cup mayonnaise or salad dressing | ¼ teaspoon dried basil, crushed |
| ⅓ cup dairy sour cream or plain yogurt | ⅛ teaspoon garlic powder |
| 1 green onion, cut up | ⅛ teaspoon dried tarragon, crushed |
| 1 tablespoon vinegar | 1 to 2 tablespoons milk |

In a blender container or food processor bowl combine parsley, mayonnaise or salad dressing, sour cream or yogurt, green onion, vinegar, anchovy paste or anchovy, basil, garlic powder, and tarragon. Cover and blend or process until smooth.

Serve immediately or cover and store in refrigerator for up to 2 weeks. Before serving, stir in enough of the milk to make dressing of desired consistency. Makes about 1 cup.

Nutrition facts per tablespoon: 45 calories, 5 g total fat (1 g saturated fat), 5 mg cholesterol, 40 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g protein

In our 1930 cookbook, we recommended cooks serve Thousand Island Dressing over hearts of lettuce, vegetable or gelatin salads, or as a tartar sauce for fish. Today we're more likely to use this zesty dressing with tossed salads or as a sandwich spread.

Although this dressing was created in the 1920s in honor of a play called The Green Goddess, our first version didn't appear until the cookbook's 1953 edition. It was served over a unique arranged salad of romaine, leaf lettuce, Belgian endive, tomatoes, beets, and shrimp.



Make-ahead convenience made this layered salad a darling of the late 1970s and early 1980s. Then as now, you could chill this salad up to 24 hours. In fact, holding the salad overnight improves the flavor.

1981

24-Hour Vegetable Salad

Prep: 30 minutes Chill: 2 to 24 hours

- | | |
|---|---|
| <p>4 cups torn iceberg lettuce, romaine, leaf lettuce, Bibb lettuce, and/or fresh spinach</p> <p>1 cup sliced fresh mushrooms, broccoli flowerets, or frozen peas</p> <p>1 cup shredded carrots (2 medium)</p> <p>2 hard-cooked eggs, sliced</p> <p>6 slices bacon, crisp-cooked, drained, and crumbled ($\frac{1}{4}$ pound)</p> | <p>$\frac{3}{4}$ cup shredded Swiss, American, or cheddar cheese (3 ounces)</p> <p>$\frac{1}{4}$ cup thinly sliced green onions (2)</p> <p>$\frac{3}{4}$ cup mayonnaise or salad dressing</p> <p>1½ teaspoons lemon juice</p> <p>$\frac{1}{2}$ teaspoon dried dillweed (optional)</p> <p>Thinly sliced green onions (optional)</p> |
|---|---|

Place lettuce in a 3-quart salad bowl. If desired, sprinkle with salt and pepper. Layer mushrooms, broccoli, or peas atop lettuce. Then, layer in the following order: carrots, eggs, bacon, $\frac{1}{2}$ cup of the cheese, and the $\frac{1}{4}$ cup green onions.

For dressing, in small bowl combine the mayonnaise or salad dressing, lemon juice, and, if desired, dillweed. Spread dressing over salad, sealing to edge of bowl. Sprinkle with the remaining cheese. If desired, garnish with additional green onion. Cover; chill in refrigerator for at least 2 hours or up to 24 hours. Before serving, toss to coat vegetables. Makes 6 to 8 servings.

Nutrition facts per serving: 330 calories, 31 g total fat (7 g saturated fat), 105 mg cholesterol, 326 mg sodium, 5 g carbohydrate, 1 g fiber, 9 g protein

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Waffles were all the rage in the 1930s, and not just for breakfast either. "Waffle suppers" were popular, as were waffles for lunch. Our Chocolate-Nut Waffles, however, make a fantastic dessert course. And to really do it right, be sure to embellish each with a generous dollop of sweetened whipped cream.



1930

Chocolate-Nut Waffles

Prep: 15 minutes Bake: Per manufacturer's directions

- | | |
|---------------------------|--------------------------------------|
| 1¾ cups all-purpose flour | melted |
| ½ cup sugar | 2 ounces semisweet chocolate, melted |
| 4 teaspoons baking powder | 1 teaspoon vanilla |
| ½ teaspoon salt | ½ cup chopped walnuts |
| 2 egg yolks | 2 egg whites |
| 1½ cups milk | Sweetened whipped cream (optional) |
| ½ cup shortening, | |

In a medium mixing bowl stir together flour, sugar, baking powder, and salt. Make a well in the center of mixture; set aside.

In another medium mixing bowl beat egg yolks slightly. Stir in milk, shortening, chocolate, and vanilla. Add chocolate mixture all at once to flour mixture. Stir until just moistened (batter should be lumpy). Stir in nuts.

In a small mixing bowl beat egg whites until stiff peaks form (tips stand straight). Gently fold beaten egg whites into flour-chocolate mixture, leaving a few fluffs of egg white. Do not overmix.

Pour 1 to 1¼ cups batter onto grids of a preheated, lightly greased waffle baker. Close lid quickly; do not open until done. Bake according to manufacturer's directions. When done, use a fork to lift waffle off grid. Repeat with remaining batter. If desired, serve warm with sweetened whipped cream. Makes 12 to 16 (4-inch) waffles.

Nutrition facts per waffle: 253 calories, 15 g total fat (4 g saturated fat), 38 mg cholesterol, 237 mg sodium, 27 g carbohydrate, 1 g fiber, 5 g protein

1930

Gingerbread Waffles

Prep: 15 minutes Bake: Per manufacturer's directions

$\frac{1}{4}$ cup sugar	1 teaspoon ground ginger
$\frac{1}{4}$ cup shortening	$\frac{1}{2}$ teaspoon ground cinnamon
1 egg	$\frac{1}{4}$ teaspoon ground cloves
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ cup hot water
$1\frac{1}{4}$ cups all-purpose flour	
$\frac{3}{4}$ teaspoon baking soda	
$\frac{1}{4}$ teaspoon salt	

In a medium mixing bowl beat sugar and shortening together until fluffy. Add egg and molasses; beat until combined. Combine the flour, baking soda, salt, ginger, cinnamon, and cloves. Add to sugar mixture; beat until smooth. Stir in the hot water.

Pour 1 to $1\frac{1}{4}$ cups batter onto grids of a preheated, lightly greased waffle baker. Close lid quickly; do not open until done. Bake according to manufacturer's directions. Do not overbake. When done, use a fork to lift waffle off grid. Repeat with remaining batter. Makes 8 (4-inch) waffles.

Nutrition facts per waffle: 207 calories, 7 g total fat (2 g saturated fat), 27 mg cholesterol, 197 mg sodium, 33 g carbohydrate, 0 g fiber, 3 g protein

1968

Ginger Muffins

Prep: 20 minutes Bake: 20 minutes

$1\frac{1}{2}$ cups all-purpose flour	cloves
$\frac{3}{4}$ teaspoon baking soda	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon ground cinnamon	$\frac{1}{4}$ cup shortening
$\frac{1}{2}$ teaspoon ground ginger	1 egg
$\frac{1}{4}$ teaspoon ground	$\frac{1}{2}$ cup mild-flavored molasses

Grease twelve $2\frac{1}{2}$ -inch muffin cups or line them with paper bake cups; set aside.

In a small mixing bowl combine flour, baking soda, cinnamon, ginger, cloves, and $\frac{1}{4}$ teaspoon salt; set aside. In a medium mixing bowl beat together sugar and shortening until fluffy. Add egg and molasses; beat until combined. Add flour mixture; beat until well mixed. Gradually add $\frac{1}{2}$ cup hot water, mixing just until smooth. Spoon batter into prepared muffin cups, filling each two-thirds full.

Bake in a 375° oven about 20 minutes or until a toothpick comes out clean. Cool in muffin cups on wire rack for 5 minutes. Remove from cups; cool on rack. Makes 12 muffins.

Nutrition facts per muffin: 147 calories, 5 g total fat (1 g saturated fat), 18 mg cholesterol, 131 mg sodium, 24 g carbohydrate, 0 g fiber, 2 g protein

In the 1930s, people were making waffles out of all sorts of novelty ingredients. (Have you ever tried a pea pulp waffle?) These Gingerbread Waffles, on the other hand, have withstood the test of time. For dessert, serve them with sweetened whipped cream. And for breakfast, there's no need to break with tradition—you'll love 'em with butter and maple syrup!

Have you noticed that muffins have gotten bigger over the years? Not only that, the texture has gone soft and sort of cakey as well. Testing this recipe reminded us of how nice muffins used to be when they came in a smaller size and with a slightly coarser texture. The crust even crunches a bit when you bite into it.

Zucchini, a West Coast fad in the 1930s, first showed up in Better Homes and Gardens magazine in 1937, but it wasn't generally served outside the states of Washington and California until the late 1940s. By the 1970s and 1980s, however, zucchini was so common that cooks were looking for ways to use up the prolific vegetable. This family-pleasing quick bread from our 1981 edition was our innovative solution to the zucchini 'problem.'

1981

Zucchini Bread

Prep: 15 minutes Bake: 55 minutes

1½ cups all-purpose flour	1 cup sugar
1 teaspoon ground cinnamon	1 cup finely shredded, unpeeled zucchini
½ teaspoon baking soda	¼ cup cooking oil
¼ teaspoon baking powder	1 egg
¼ teaspoon salt	¼ teaspoon finely shredded lemon peel
¼ teaspoon ground nutmeg	½ cup chopped walnuts or pecans

Grease bottom and ½ inch up sides of an 8×4×2-inch loaf pan; set aside. In a medium mixing bowl combine the flour, cinnamon, baking soda, baking powder, salt, and nutmeg; set aside.

In another medium mixing bowl combine sugar, shredded zucchini, cooking oil, egg, and lemon peel; mix well. Add flour mixture to zucchini mixture. Stir just until moistened (batter should be lumpy). Fold in walnuts or pecans.

Spoon batter into the prepared pan. Bake in a 350° oven 55 to 60 minutes or until a toothpick inserted near center comes out clean. Cool in the pan on a wire rack for 10 minutes. Remove loaf from pan. Cool completely on the wire rack. Wrap and store overnight. Makes 1 loaf (16 servings).

Apple Bread: Prepare as above, except substitute 1 cup finely shredded, peeled apple for the shredded zucchini. Continue as directed.

Nutrition facts per serving: 148 calories, 6 g total fat (1 g saturated fat), 13 mg cholesterol, 83 mg sodium, 22 g carbohydrate, 1 g fiber, 2 g protein

Nutrition facts per serving Apple Bread: 151 calories, 6 g total fat (1 g saturated fat)

1981

Fruit Coffee Cake

Prep: 30 minutes

Bake: 40 minutes

- 1½ cups desired fruit*
- ¼ cup water
- 1¼ cups sugar
- 2 tablespoons cornstarch
- 1¾ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ cup butter
- 1 beaten egg
- ½ cup buttermilk or sour milk**
- ½ teaspoon vanilla
- 2 tablespoons butter



In a medium saucepan combine fruit and water. Bring to boiling; reduce heat. Cover and simmer for 5 minutes or until fruit is tender. Combine ¼ cup of the sugar and the cornstarch; stir into fruit. Cook and stir over medium heat until mixture is thickened and bubbly. Cook and stir 2 minutes more; set aside.

In a mixing bowl combine 1½ cups of the flour, baking powder, baking soda, and ¾ cup of the remaining sugar. Cut in the ¼ cup butter until mixture resembles coarse crumbs. Make a well in the center of the flour mixture; set aside.

In another bowl combine egg, buttermilk or sour milk, and vanilla. Add egg mixture all at once to flour mixture. Using a fork, stir just until moistened (batter should be lumpy). Spread half of the batter into an ungreased 8×8×2-inch baking pan. Spread fruit mixture over batter. Drop remaining batter in small mounds atop filling.

Stir together remaining flour and remaining sugar. Cut in the 2 tablespoons butter until mixture resembles coarse crumbs. Sprinkle atop coffee cake. Bake in a 350° oven for 40 to 45 minutes or until golden. Serve warm. Serves 9.

***Note:** Use blueberries or chopped peeled apple, apricots, peaches, or pineapple. Or, use red raspberries, except omit simmering.

****Note:** To make sour milk, place 1½ teaspoons lemon juice in 1-cup glass measuring cup. Add enough milk to make ½ cup total liquid; stir. Let mixture stand for 5 minutes before using.

Fruit-filled coffee cakes have appeared in our cookbooks since the 1940s, but this extraordinary quick bread made its first appearance in 1981 as Any Fruit Coffee Cake. The title said it all, as you have your choice of blueberries, apple, apricots, peaches, or pineapple.



Whether at family get-togethers, county fairs, or national bake-offs, generations of cooks have prided themselves on the quality of their caramel rolls (called Butterscotch Rolls in the first edition of our cookbook). You can lay claim to your own bragging rights when you try your hand at these scrumptious rolls that are Better Homes and Gardens best.

1930

Caramel-Nut Rolls

Prep: 25 minutes

Rise: 1½ hours

Bake: 20 minutes

- 4 to 4½ cups all-purpose flour
- 1 package active dry yeast
- 1 cup milk
- ⅓ cup sugar
- ⅓ cup butter
- ½ teaspoon salt
- 2 eggs
- 1 recipe Caramel Topping (see below)
- ⅔ cup chopped pecans
- 3 tablespoons butter, melted
- ½ cup sugar
- 1 teaspoon ground cinnamon

In large bowl combine 2 cups of the flour and yeast; set aside. In saucepan heat and stir milk, the ⅓ cup sugar, the ⅓ cup butter, and salt just until warm (120° to 130°); add to flour mixture along with eggs. Beat with electric mixer on low speed 30 seconds, scraping bowl. Beat on high speed for 3 minutes. Stir in as much of the remaining flour as you can.

Turn dough onto a floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape into a ball. Place dough in lightly greased bowl; turn once. Cover and let rise in a warm place until double (about 1 hour).

Punch dough down. Turn onto a lightly floured surface. Divide in half. Cover and let rest 10 minutes. Divide Caramel Topping between two 9×1½-inch round baking pans. Sprinkle pecans in pans; set aside.

Roll each dough portion into a 12×8-inch rectangle. Brush the 3 tablespoons melted butter over dough. Combine the ½ cup sugar and the cinnamon; sprinkle over dough. Roll up, jelly-roll style, starting from a long side; seal seam. Cut each into 12 slices. Place in prepared pans. Cover and let rise in a warm place until nearly double (about 30 minutes).

Bake in a 375° oven for 20 to 25 minutes or until golden. Immediately invert baked rolls from pans. Makes 24 rolls.

Caramel Topping: In small saucepan heat and stir ⅔ cup packed brown sugar, ¼ cup butter, and 2 tablespoons light-colored corn syrup until combined.

Nutrition facts per roll: 209 calories, 9 g total fat (4 g saturated fat), 34 mg cholesterol, 118 mg sodium. 30 g carbohydrate, 1 g fiber, 3 g protein

1981

Chocolate Swirl Coffee Cake

Prep: 35 minutes Rise: 2½ hours Bake: 45 minutes

- | | |
|--------------------------------|----------------------------------|
| 4 to 4½ cups all-purpose flour | 4 egg yolks |
| 2 packages active dry yeast | ¾ cup semisweet chocolate pieces |
| ¾ cup sugar | ⅓ cup evaporated milk |
| ¾ cup water | 2 tablespoons sugar |
| ⅓ cup butter, cut up | ½ teaspoon ground cinnamon |
| ⅓ cup evaporated milk | Streusel (see below) |
| ½ teaspoon salt | |

In a large mixing bowl stir together 1½ cups of the flour and the yeast; set aside. In a medium saucepan heat and stir the ¾ cup sugar, the water, butter, ⅓ cup evaporated milk, and salt just until warm (120° to 130°) and butter almost melts. Add milk mixture to flour mixture along with egg yolks. Beat with an electric mixer on low speed for 30 seconds, scraping the side of bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface. Cover and let rise in a warm place until double (about 1½ hours).

Punch dough down. Turn dough onto a lightly floured surface. Cover; let rest for 10 minutes.

Meanwhile, in a small saucepan combine chocolate pieces, ⅓ cup evaporated milk, the 2 tablespoons sugar, and the cinnamon. Cook and stir over low heat until chocolate is melted. Remove from heat; cool.

Grease a 10-inch tube pan; set aside. Roll dough into an 18×10-inch rectangle. Spread chocolate mixture to within 1 inch of edges. Roll up, jelly-roll style, starting from a long side. Pinch seam and ends to seal. Place, seam side down, in prepared pan. Sprinkle Streusel over dough in pan. Cover and let rise in a warm place until nearly double (about 1 hour).

Bake in a 350° oven for 45 to 50 minutes or until coffee cake sounds hollow when lightly tapped. Cool in pan on a wire rack for 15 minutes. Remove from pan. Cool on a wire rack. If desired, serve warm. Makes 12 to 16 servings.

Streusel: In a small bowl combine ¼ cup all-purpose flour, ¼ cup sugar, and 1 teaspoon ground cinnamon. Cut in ¼ cup butter until mixture resembles coarse crumbs. Stir in ¼ cup chopped walnuts or pecans.

We've published quite a few coffee cake recipes since 1930, and this is one that made the hit parade. This coffee cake is unusual in that it is yeast-risen, which makes it fluffy. Setting it apart from the rest is its chocolate filling, which gets a flavor boost from a touch of cinnamon.



Nutrition facts per serving: 429 calories, 19 g total fat (8 g saturated fat), 106 mg cholesterol, 224 mg sodium, 60 g carbohydrate, 2 g fiber, 8 g protein

When this breakfast treat appeared in our 1937 cookbook, it was called Cowboy Cake. Although the name has been changed, this coffee cake's great taste and texture have stayed the same.

1937

Buttermilk Coffee Cake

Prep: 20 minutes Bake: 35 minutes

2½ cups all-purpose flour	½ teaspoon baking soda
1½ cups packed brown sugar	½ teaspoon ground cinnamon
½ teaspoon salt	½ teaspoon ground nutmeg
⅔ cup butter or shortening	2 beaten eggs
2 teaspoons baking powder	1⅓ cups buttermilk or sour milk*
	½ cup chopped nuts

Grease bottom and ½ inch up sides of a 13×9×2-inch baking pan; set aside. Combine flour, brown sugar, and salt. Cut in butter or shortening until mixture resembles coarse crumbs; set aside ½ cup. Stir baking powder, baking soda, cinnamon, and nutmeg into remaining crumb mixture.

Combine eggs and buttermilk or sour milk. Add egg mixture all at once to cinnamon-crumble mixture; mix well. Spoon batter into prepared pan. Stir together reserved crumb mixture and nuts. Sprinkle atop batter. Bake in a 350° oven for 35 to 40 minutes or until a toothpick inserted near the center comes out clean. Serve warm. Makes 18 servings.

***Note:** To make sour milk, place 4 teaspoons lemon juice in a 2-cup glass measuring cup. Add enough milk to make 1⅓ cups total liquid; stir. Let mixture stand for 5 minutes before using.

Nutrition facts per serving: 214 calories, 10 g total fat (2 g saturated fat), 33 mg cholesterol, 228 mg sodium, 28 g carbohydrate, 1 g fiber, 3 g protein

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The novelty of using carrots in cake captivated cooks of the 1960s.

What's more, this super-moist cake was oil-based—no messy shortening to measure. Today, this rich, dense cake ranks as a culinary classic. For best results, use a fine shredding surface for the carrots.

1968

Carrot Cake

Prep: 20 minutes Bake: 30 minutes Cool: 2 hours

- | | |
|---------------------------------------|---|
| 2 cups all-purpose flour | 1 cup cooking oil |
| 2 cups sugar | 4 eggs |
| 1 teaspoon baking powder | 1 recipe Cream Cheese Frosting (see opposite page) |
| 1 teaspoon baking soda | Walnut halves (optional) |
| 1 teaspoon ground cinnamon | Orange peel strips (optional) |
| 3 cups finely shredded carrots | |

Grease and lightly flour two 9×1½-inch round baking pans or grease one 13×9×2-inch baking pan; set pan(s) aside.

In a large mixing bowl combine flour, sugar, baking powder, baking soda, and cinnamon. Add carrots, oil, and eggs. Beat with an electric mixer until combined. Pour batter into the prepared pan(s).

Bake in a 350° oven for 30 to 35 minutes for round pans or 35 to 40 minutes for 13×9-inch pan or until a toothpick comes out clean. Cool layer cakes in pans on wire racks for 10 minutes. Remove from pans. Cool thoroughly on wire racks. Or, place 13×9-inch cake in pan on a wire rack; cool thoroughly. Frost with Cream Cheese Frosting. If desired, garnish with walnut halves and orange peel. Cover and store in refrigerator. Makes 12 to 16 servings.

Pineapple-Carrot Cake: Prepare as above, except drain one 8-ounce can crushed pineapple. Add drained pineapple and ½ cup coconut with the shredded carrot.

Nutrition facts per serving (with frosting): 650 calories, 33 g total fat (11 g saturated fat), 107 mg cholesterol, 287 mg sodium, 89 g carbohydrate, 1 g fiber, 5 g protein

Nutrition facts per serving Pineapple-Carrot Cake (with frosting): 687 calories, 34 g total fat (12 g saturated fat)



1941

Cream Cheese Frosting

Start to finish: 20 minutes

2 3-ounce packages
cream cheese,
softened

½ cup butter, softened

2 teaspoons vanilla
4½ to 4¾ cups sifted
powdered sugar

Beat together cream cheese, butter, and vanilla until light and fluffy. Gradually add 2 cups of the powdered sugar, beating well. Gradually beat in enough of the remaining powdered sugar to reach spreading consistency. Makes enough frosting to frost tops and sides of two 8- or 9-inch layers. Cover and store cake in refrigerator.

Nutrition facts per serving (⅓ of recipe): 263 calories, **13 g** total fat (8 g saturated fat), **36 mg** cholesterol, **120 mg** sodium, **38 g** carbohydrate, **0 g** fiber, **1 g** protein

Cream Cheese Frosting ranks as a veteran in its field. Long before its classic partner, carrot cake, came along, cooks of the late 1930s and early 1940s were using it to bedeck their favorite cakes and cookies.

Bundt cakes were so popular in the 1980s, everyone was making them, including us. What made them so special? Perhaps it was the neat shape or the fact that they always seemed to come out so moist and delicious. Whatever the reason, they're still mighty tasty. Butterscotch Marble Cake was not only one of our first Bundt cakes but it remains one of the best.

These days, prunes are a little neglected, even though they do add richness and moistness to baked goods. Prune Spice Cake is delectably moist with just the right spiciness, making it wonderful in the afternoon with a nice hot cup of tea.

Butterscotch Marble Cake

1981

Prep: 20 minutes Bake: 55 minutes Cool: 2 hours

- | | |
|--|---------------------------------------|
| 1 package 2-layer-size white cake mix | ¼ cup cooking oil |
| 1 4-serving-size package instant butterscotch pudding mix | 4 eggs |
| | ½ cup chocolate-flavored syrup |
| | Sifted powdered sugar |

Grease and flour a 10-inch fluted tube pan; set aside. In bowl combine cake mix, pudding mix, oil, and eggs. Beat with electric mixer on low speed until mixed. Beat at medium speed for 2 minutes, scraping side of bowl often. Transfer 1½ cups batter to another bowl; stir in chocolate-flavored syrup. Pour light batter into prepared pan. Spoon chocolate batter over. Using knife, gently cut through batters to marble. Bake in 350° oven for 55 to 60 minutes or until a toothpick comes out clean. Cool in pan on wire rack for 15 minutes. Remove from pan; cool completely on rack. Sprinkle with powdered sugar. Serves 12.

Nutrition facts per serving: 306 calories, 9 g total fat (2 g saturated fat), 71 mg cholesterol, 331 mg sodium, 52 g carbohydrate, 1 g fiber, 4 g protein

Prune Spice Cake

1953

Prep: 15 minutes Cook: 20 minutes Bake: 35 minutes

- | | |
|---|-------------------------------------|
| 1½ cups dried pitted prunes | ¼ teaspoon ground cloves |
| 2 cups all-purpose flour | ½ cup cooking oil |
| 1½ cups sugar | 3 eggs |
| 1¼ teaspoons baking soda | 1 recipe Topping (see below) |
| 1 teaspoon each ground cinnamon and nutmeg | ½ cup chopped walnuts |

Grease and flour a 3-quart rectangular baking dish; set aside. In saucepan cover prunes with water. Heat to boiling; reduce heat. Cover and simmer for 20 minutes or until tender. (Do not sweeten.) Drain, reserving ⅔ cup of the liquid (add water, if necessary). Chop prunes. Mix flour, sugar, soda, cinnamon, nutmeg, cloves, and ¾ teaspoon salt. Add reserved liquid and oil. Beat with an electric mixer on medium speed just until moistened. Add eggs; beat 1 minute more. Stir in prunes.

Pour into prepared baking dish. Sprinkle with Topping and nuts. Bake in 350° oven about 35 minutes or until a toothpick inserted near center comes out clean. Serve warm. Makes 16 servings.

Topping: Combine ½ cup sugar and ¼ cup all-purpose flour. Cut in 2 tablespoons butter until crumbly.

Nutrition facts per serving: 304 calories, 12 g total fat (2 g saturated fat), 44 mg cholesterol, 226 mg sodium, 48 g carbohydrate, 2 g fiber, 4 g protein

1962

German Chocolate Cake

Prep: 50 minutes

Bake: 30 minutes

Cool: 2 hours

- 1½ cups all-purpose flour
- ¾ teaspoon baking soda
- 1 4-ounce package sweet baking chocolate
- ¾ cup shortening
- 1 cup sugar
- 3 eggs
- 1 teaspoon vanilla
- ¾ cup buttermilk or sour milk*
- 1 recipe Coconut-Pecan Frosting (see below)



Grease and lightly flour two 8×1½-inch or 9×1½-inch round baking pans. Mix flour, soda, and ¼ teaspoon salt. Set aside.

In a saucepan combine chocolate and ½ cup water. Cook and stir over low heat until melted; cool.

In a large mixing bowl beat shortening with an electric mixer on medium to high speed for 30 seconds. Add sugar; beat until fluffy. Add eggs and vanilla; beat on low speed until combined; beat on medium speed 1 minute. Stir in chocolate mixture. Add flour mixture and buttermilk alternately to beaten mixture; beat on low speed after each addition until combined. Pour batter into the prepared pans.

Bake in a 350° oven for 30 to 40 minutes or until a toothpick comes out clean. Cool cakes in pans on wire racks for 10 minutes. Remove from pans. Cool thoroughly on wire racks. Spread Coconut-Pecan Frosting over tops of layers; stack layers. Cover and store in refrigerator. Makes 12 servings.

Coconut-Pecan Frosting: In a medium saucepan slightly beat 1 egg. Stir in one 5-ounce can (¾ cup) evaporated milk, ¾ cup sugar, and ¼ cup butter or margarine. Cook and stir over medium heat about 12 minutes or until thickened and bubbly. Remove from heat; stir in 1½ cups flaked coconut and ½ cup chopped pecans. Cover and cool thoroughly.

***Note:** To make sour milk, place 2 teaspoons lemon juice in a 1-cup glass measuring cup. Add enough milk to make ¾ cup total liquid; stir. Let stand for 5 minutes before using.

Nutrition facts per serving (with Coconut-Pecan Frosting): 470 calories, 29 g total fat (11 g saturated fat), 85 mg cholesterol, 214 mg sodium, 51 g carbohydrate, 2 g fiber, 6 g protein

In the late 1950s, using a rich coconut-and-nut puddinglike mixture to fill and frost a chocolate cake became popular. Both Sweet Chocolate Layer Cake and Coconut Frosting and Filling earned places in our 1962 cookbook revision, and this pair has appeared in every edition since.



A version of Pineapple Upside-Down Cake was in our 1930 cookbook as Pineapple Skillet Sponge. What made this easy dessert so popular then is the same today: the brown sugar, butter, and pineapple juices bake up to form a scrumptious topping for the fruit and cake.

1930

Pineapple Upside-Down Cake

Prep: 20 minutes Bake: 30 minutes Cool: 30 minutes

- | | |
|--|---------------------------|
| 2 tablespoons butter | 1½ cups all-purpose flour |
| ⅓ cup packed brown sugar | ⅔ cup granulated sugar |
| 1 tablespoon water | 2 teaspoons baking powder |
| 1 8-ounce can pineapple slices, drained and halved | ⅔ cup milk |
| 4 maraschino cherries, halved | ¼ cup butter, softened |
| | 1 egg |
| | 1 teaspoon vanilla |

Melt the 2 tablespoons butter in a 9×1½-inch round baking pan.* Stir in brown sugar and water. Arrange pineapple and cherries in the pan; set aside.

In a medium mixing bowl stir together flour, granulated sugar, and baking powder. Add milk, the ¼ cup butter, egg, and vanilla. Beat with an electric mixer on low speed until combined. Beat on medium speed for 1 minute. Spoon batter into the prepared pan.

Bake in a 350° oven for 30 to 35 minutes or until a toothpick comes out clean. Cool in pan on a wire rack for 5 minutes. Loosen side; invert onto a plate. Serve warm. Makes 8 servings.

***Note:** To melt the butter, place it in the baking pan and place in oven while oven preheats.

Nutrition facts per serving: 286 calories, 10 g total fat (6 g saturated fat), 51 mg cholesterol, 201 mg sodium, 47 g carbohydrate, 1 g fiber, 4 g protein

1945

Graham Cracker Cake

Prep: 45 minutes Bake: 20 minutes Chill (filling): 4 hours

- | | |
|--|--|
| 3 eggs, separated | $\frac{1}{2}$ teaspoon vanilla |
| $1\frac{1}{3}$ cups finely crushed graham crackers | $\frac{3}{4}$ cup milk |
| $\frac{1}{4}$ cup all-purpose flour | $\frac{1}{2}$ cup chopped walnuts |
| $1\frac{1}{2}$ teaspoons baking powder | 1 recipe Cream Filling (see below) |
| $\frac{1}{4}$ cup shortening | 1 recipe Brown Sugar 7-Minute Frosting (see below) |
| 1 cup sugar | |

Place egg whites in a bowl; allow to stand at room temperature for 30 minutes. Lightly grease and flour two 8×1½-inch or 9×1½-inch round baking pans; set aside. Combine graham crackers, flour, baking powder, and $\frac{1}{4}$ teaspoon salt; set aside.

In large bowl beat shortening with an electric mixer on medium speed about 30 seconds. Add sugar and vanilla; beat until combined. Add egg yolks; beat until combined. Add flour mixture and milk alternately to beaten mixture, beating on low to medium speed after each addition just until mixed. Stir in nuts.

Thoroughly wash beaters. Beat egg whites with an electric mixer on high speed until stiff peaks form (tips stand straight). Gently fold whites into batter. Spread into prepared pans. Bake in 350° oven for 20 to 25 minutes or until toothpick inserted near center comes out clean. Cool on wire racks for 10 minutes. Remove from pans. Cool completely on racks.

To assemble, place cake layer on a serving plate; spread with cooled Cream Filling to within $\frac{1}{4}$ inch of edge. Top with remaining cake layer. Spread side and top with Brown Sugar 7-Minute Frosting. Cover; store in refrigerator. Serves 12.

Cream Filling: In a medium saucepan combine $\frac{1}{4}$ cup sugar, 2 tablespoons all-purpose flour, and $\frac{1}{4}$ teaspoon salt. Stir in 1 cup milk. Cook and stir over medium heat until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Gradually stir about $\frac{1}{2}$ cup of the hot milk mixture into 2 slightly beaten egg yolks. Stir egg mixture into milk mixture in saucepan. Bring to gentle boil; reduce heat. Cook and stir for 2 minutes more. Remove from heat. Stir in $\frac{1}{2}$ teaspoon vanilla. Pour into a bowl; cover with plastic wrap. Chill thoroughly.

Brown Sugar 7-Minute Frosting: In top of a double boiler mix $\frac{3}{4}$ cup packed brown sugar, 3 tablespoons cold water, 1 egg white, and $\frac{1}{8}$ teaspoon cream of tartar. Beat with electric mixer on low speed for 30 seconds. Place over boiling water (upper pan should not touch water). Cook, beating constantly with the mixer on high speed, about 7 minutes or until stiff peaks form (tips stand straight). Remove from heat; add $\frac{1}{2}$ teaspoon vanilla. Beat 2 to 3 minutes more or until spreading consistency.

Every element of this cake—from its uniquely textured graham-flavored layers and sumptuous cream filling, to its special 7-minute frosting—tells you that it is something meant for celebrations.

When you pull a treasured cookbook off your shelf and flip through the pages, it's easy to see which recipes are favorites. Splatters, crinkled paper, notes written in the margins—they're all telltale signs of a family favorite. So be advised: Cheese-Marbled Brownies has been one of our favorites for a long time—count on this pages getting lots of use over the years.

These chewy bars were simply called Brownies in 1930, but today we add the descriptor "fudge" to distinguish them from their more cakelike cousins. Double the delight by topping the cooled brownies with your favorite chocolate frosting.

1976

Cheese-Marbled Brownies

Prep: 20 minutes Bake: 40 minutes

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|---|--|
| 1 cup semisweet chocolate pieces (6 ounces) | $\frac{1}{2}$ cup all-purpose flour |
| 6 tablespoons margarine or butter | $\frac{1}{2}$ teaspoon baking powder |
| $\frac{1}{3}$ cup honey | 1 8-ounce package cream cheese, softened |
| 3 eggs | $\frac{1}{2}$ cup sugar |
| 1 teaspoon vanilla | Dash salt |
| | $\frac{1}{2}$ cup chopped walnuts |

Grease a 9×9×2-inch baking pan; set aside. In a medium saucepan melt chocolate pieces and margarine or butter over low heat, stirring constantly. Cool slightly. Stir in honey, 2 of the eggs, and the vanilla until combined. Add flour and baking powder, stirring just until flour is moistened. Pour half of the batter into prepared pan. Bake in a 350° oven for 10 minutes.

Meanwhile, in mixing bowl beat together cream cheese and sugar. Beat in remaining egg and the salt. Stir in nuts. Pour mixture over partially baked layer. Spoon remaining chocolate batter over filling. Using a knife, cut through batters to marble. Bake for 30 to 35 minutes more or until a toothpick inserted near center comes out clean. Cool; cut into bars. Makes 24 brownies.

Nutrition facts per brownie: 157 calories, 10 g total fat (3 g saturated fat), 38 mg cholesterol, 79 mg sodium, 15 g carbohydrate, 0 g fiber, 2 g protein

1930

Fudge Brownies

Prep: 15 minutes Bake: 30 minutes

- | | |
|--------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup butter | 1 cup sugar |
| 2 ounces unsweetened chocolate | 1 teaspoon vanilla |
| 2 eggs | $\frac{3}{4}$ cup all-purpose flour |
| | $\frac{1}{2}$ cup chopped nuts |

Grease an 8×8×2-inch baking pan; set aside. In a medium saucepan melt butter and chocolate over low heat. Remove from heat. Stir in eggs, sugar, and vanilla. Using a wooden spoon, beat lightly until just combined. Stir in flour and nuts.

Spread in prepared pan. Bake in a 350° oven for 30 minutes. Cool in pan on a wire rack. Cut into bars. Makes 24 brownies.

Nutrition facts per brownie: 113 calories, 7 g total fat (3 g saturated fat), 28 mg cholesterol, 44 mg sodium, 12 g carbohydrate, 0 g fiber, 2 g protein

1941

Chocolate Chip Cookies

Prep: 25 minutes

Bake: 8 minutes
per cookie sheet

- $\frac{1}{2}$ cup shortening
- $\frac{1}{2}$ cup butter
- 1 cup packed brown sugar
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ teaspoon baking soda
- 2 eggs
- 1 teaspoon vanilla
- $2\frac{1}{2}$ cups all-purpose flour
- 1 12-ounce package (2 cups) semisweet chocolate pieces
- $1\frac{1}{2}$ cups chopped walnuts, pecans, or hazelnuts (filberts) (optional)



In a large mixing bowl beat the shortening and butter with an electric mixer on medium to high speed for 30 seconds. Add the brown sugar, granulated sugar, and baking soda. Beat mixture until combined, scraping side of bowl occasionally. Beat in the eggs and vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in remaining flour. Stir in chocolate and, if desired, nuts.

Drop dough by rounded teaspoons 2 inches apart on an ungreased cookie sheet. Bake in a 375° oven 8 to 10 minutes or until edges are lightly browned. Transfer cookies to a wire rack; cool completely. Makes about 60 cookies.

Macadamia Nut and White Chocolate Chunk

Cookies: Prepare as above, except substitute chopped white baking bars or white chocolate baking squares for the semisweet chocolate pieces. Stir in one $3\frac{1}{2}$ -ounce jar macadamia nuts, chopped, with the white chocolate.

Nutrition facts per cookie: 93 calories, 5 g total fat (1 g saturated fat), 11 mg cholesterol, 29 mg sodium, 12 g carbohydrate, 0 g fiber, 1 g protein

Nutrition facts per Macadamia Nut and White Chocolate Chunk Cookie: 108 calories, 6 g total fat (3 g saturated fat)

Old gems, such as this recipe that dates back to our 1941 edition, only get better with age. Try the traditional chocolate chip version and the trendy new macadamia variation—each one is sure to satisfy both your nostalgic and sophisticated sides.

This decadent recipe, nurtured and cherished by the home economists in our Test Kitchen in the 1970s, made it into our 1981 edition. Even today, a party isn't a party around the Test Kitchen unless someone brings these fudgy bars.

1981

Chocolate Revel Bars

Prep: 30 minutes Bake: 25 minutes

- | | |
|----------------------------------|---|
| 1 cup butter | 1½ cups semisweet chocolate pieces |
| 2 cups packed brown sugar | 1 14-ounce can (1¼ cups) sweetened condensed milk or low-fat sweetened condensed milk |
| 1 teaspoon baking soda | ½ cup chopped walnuts or pecans |
| 2 eggs | 2 teaspoons vanilla |
| 2 teaspoons vanilla | |
| 2½ cups all-purpose flour | |
| 3 cups quick-cooking rolled oats | |

Set aside 2 tablespoons of the butter. In a large mixing bowl beat the remaining butter with an electric mixer on medium to high speed for 30 seconds. Add the brown sugar and baking soda. Beat until combined, scraping side of bowl occasionally. Beat in eggs and 2 teaspoons vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in remaining flour. Stir in the rolled oats; set aside.

For filling, in a medium saucepan combine the reserved butter, chocolate pieces, and sweetened condensed milk. Cook over low heat until chocolate melts, stirring occasionally. Remove from heat. Stir in the walnuts or pecans and 2 teaspoons vanilla.

Press two-thirds (about 3⅓ cups) of the rolled oats mixture into the bottom of an ungreased 15×10×1-inch baking pan. Spread filling evenly over the oat mixture. Dot remaining rolled oats mixture on filling.

Bake in a 350° oven about 25 minutes or until top is lightly browned (chocolate filling will still look moist). Cool in pan on a wire rack. Cut into bars. Makes 60 bars.

Peanut Butter-Chocolate Revel Bars: Prepare as above, except substitute ½ cup peanut butter for the 2 tablespoons butter when making the chocolate filling and substitute peanuts for the walnuts or pecans.

Whole Wheat-Chocolate Revel Bars: Prepare as above, except reduce the all-purpose flour to 1½ cups and add 1 cup whole wheat flour.

Nutrition facts per bar: 148 calories, 6 g total fat (2 g saturated fat), 17 mg cholesterol, 79 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein

Nutrition facts per Peanut Butter-Chocolate Revel Bar: 143 calories, 7 g total fat (2 g saturated fat)

Nutrition facts per Whole Wheat-Chocolate Revel Bar: 133 calories, 6 g total fat (2 g saturated fat)

1930 Pastry for Single-Crust Pie

Prep: 10 minutes

1¼ cups all-purpose flour **4 to 5 tablespoons cold water**
¾ teaspoon salt
⅓ cup shortening

Stir together flour and salt. Using a pastry blender, cut in shortening until pieces are pea-size.

Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon water at a time, until all the dough is moistened. Form dough into a ball. On lightly floured surface, flatten dough. Roll from center to edge into a circle about 12 inches in diameter.

To transfer pastry, wrap it around the rolling pin; unroll into a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry.

Trim pastry to ½ inch beyond edge of pie plate. Fold under extra pastry. Crimp edge as desired. Do not prick pastry. Bake as directed in individual recipes. Makes 8 servings.

Pastry for Double-Crust Pie: Prepare pastry dough as above, except use 2 cups all-purpose flour, ½ teaspoon salt, ⅔ cup shortening, and 6 to 7 tablespoons cold water. Divide dough in half. Form each half into a ball. Roll 1 dough ball as above; transfer to pie plate as above. Transfer filling to pastry-lined pie plate. Trim pastry even with rim of the pie plate.

Roll remaining dough into a circle about 12 inches in diameter. Cut slits to allow steam to escape. Place remaining pastry on filling; trim ½ inch beyond edge of plate. Fold top pastry under bottom pastry. Crimp edge as desired. Bake as directed in individual recipes. Makes 8 servings.

Nutrition facts per serving: 141 calories, 9 g total fat (2 g saturated fat), 0 mg cholesterol, 67 mg sodium, 14 g carbohydrate, 0 g fiber, 2 g protein

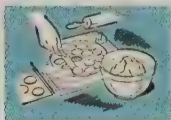
Nutrition facts per serving Pastry for Double-Crust Pie: 256 calories, 17 g total fat (4 g saturated fat), 0 mg cholesterol, 134 mg sodium, 22 g carbohydrate, 1 g fiber, 3 g protein

There was a time when home cooks were judged by their ability to make light, flaky pastry. This recipe, originally appearing in the 1930s, has helped generations of cooks pass the pastry test.





In 1930 we recommended a few tablespoonfuls of quince jelly to boost the flavor of this apple pie; today we suggest some raisins or chopped walnuts. For a savory complement to the sweet pie, top each wedge with some cheddar cheese.



1930

Apple Pie

Prep: 30 minutes Bake: 50 minutes

- | | |
|--|---|
| 1 recipe Pastry for Double-Crust Pie (see page 55) | $\frac{3}{4}$ cup sugar |
| 6 cups thinly sliced, peeled cooking apples* (about $2\frac{1}{4}$ pounds) | 2 tablespoons all-purpose flour |
| 1 tablespoon lemon juice (optional) | $\frac{1}{2}$ teaspoon ground cinnamon |
| | $\frac{1}{8}$ teaspoon ground nutmeg |
| | $\frac{1}{2}$ cup raisins or chopped walnuts (optional) |

Prepare pastry and line pie plate as directed. If desired, sprinkle apples with lemon juice. In a large mixing bowl stir together sugar, flour, cinnamon, and nutmeg. Add apple slices and, if desired, raisins or walnuts. Gently toss to coat.

Transfer apple mixture to the pastry-lined pie plate. Trim pastry to edge of pie plate. Place top crust on filling. Seal and crimp.

To prevent overbrowning, cover edge of pie with foil. Bake in a 375° oven for 25 minutes. Remove foil. Bake for 25 to 30 minutes more or until top is golden. Cool on wire rack. Makes 8 servings.

***Note:** Good apple choices include Cortland, Golden Delicious, Granny Smith, Newtown Pippin, Rome Beauty, Stayman, Winesap, and York Imperial.

Nutrition facts per serving: 380 calories, 18 g total fat (4 g saturated fat), 0 mg cholesterol, 135 mg sodium, 54 g carbohydrate, 3 g fiber, 3 g protein

1930

Cranberry-Raisin Crisscross Pie

Prep: 45 minutes Bake: 50 minutes

- | | |
|---------------------------------|------------------------------|
| ¾ cup raisins | 1 recipe Pastry for |
| 1¼ cups sugar | Double-Crust Pie |
| 1 tablespoon cornstarch | (see page 55) |
| 3 cups fresh cranberries | ½ cup chopped walnuts |
| ½ cup orange juice | |

Cover raisins with boiling water. Let stand 5 minutes; drain. Stir together sugar and cornstarch. Stir in raisins, cranberries, and juice. Cook and stir over medium heat until bubbly; set aside.

Meanwhile, prepare pastry and line pie plate as directed. Transfer cranberry mixture to pastry-lined pie plate. Sprinkle with nuts. Trim pastry to ½ inch beyond edge of pie plate. Cut remaining pastry into ½-inch-wide strips. Weave strips over filling for lattice crust. Press ends of strips into crust rim. Fold bottom pastry edge over strips; seal and crimp edge. Cover edge with foil. Bake in 375° oven for 25 minutes. Remove foil. Bake 25 minutes more or until golden. Cool on rack. Serves 8.

Nutrition facts per serving: 497 calories, 22 g total fat (5 g saturated fat), 0 mg cholesterol, 137 mg sodium, 73 g carbohydrate, 3 g fiber, 5 g protein

One look at a lattice-topped pie tells you that it was made by someone who didn't mind spending an extra 5 to 10 minutes just to delight the eye. This pie combines that warm and inviting look with a clever mix of flavors—cranberry, orange juice, raisin, and walnut—for a can't-miss hit.



1953

Red Raspberry-Cherry Pie

Prep: 25 minutes Stand: 15 minutes Bake: 45 minutes

- | | |
|--|---|
| 1 cup sugar | 1 teaspoon lemon juice |
| 3 tablespoons quick-cooking tapioca | 1 recipe Pastry for |
| 3 cups fresh or frozen unsweetened pitted tart red cherries | Double-Crust Pie |
| | (see page 55) |
| 1½ cups fresh or frozen lightly sweetened raspberries | 1 tablespoon margarine or butter, cut up |

Stir together sugar and tapioca. Add fruits and juice; toss to coat. Let stand 15 minutes (1 hour for frozen fruit) or until syrup forms. Meanwhile, prepare pastry and line pie plate as directed. Transfer berry mixture to pastry-lined pie plate. Trim pastry even with rim of pie plate. Dot with margarine. Place top crust on filling. Seal and crimp. To prevent overbrowning, cover edge with foil. Bake in a 375° oven 25 minutes (50 minutes for frozen fruit). Remove foil. Bake 20 to 25 minutes more (20 to 30 minutes more for frozen fruit) or until golden. Cool. Makes 8 servings.

Nutrition facts per serving: 418 calories, 19 g total fat (4 g saturated fat), 0 mg cholesterol, 151 mg sodium, 60 g carbohydrate, 3 g fiber, 4 g protein

There are several ingredients you can use to thicken a fruit pie. But one you don't see very often anymore is tapioca. We found that for the nicely balanced, sweet-tart flavor of this pie, nothing works better. Tapioca doesn't mask the great flavor of the berries and cherries, and it thickens into a beautifully clear filling that slices quite nicely.

When cheesecake first ran in a 1940s edition of our cookbook as a novelty recipe, who would have believed that it would surpass apple pie as America's favorite dessert.

1941

Cheesecake Supreme

Prep: 40 minutes Bake: 45 minutes Chill: At least 4 hours

- | | |
|--|---|
| 1¾ cups finely crushed graham crackers | 2 tablespoons all-purpose flour |
| ¼ cup finely chopped walnuts | 1 teaspoon vanilla |
| ½ teaspoon ground cinnamon | ½ teaspoon finely shredded lemon peel (optional) |
| ½ cup butter, melted | 2 eggs |
| 3 8-ounce packages cream cheese, softened | 1 egg yolk |
| 1 cup sugar | ¼ cup milk |
| | Fresh raspberries (optional) |

For crust, combine crushed graham crackers, walnuts, and cinnamon. Stir in melted butter. If desired, reserve ¼ cup of the crumb mixture for topping. Press the remaining crumb mixture onto the bottom and about 2 inches up side of an 8- or 9-inch springform pan. Set pan aside.

For filling, in a large mixing bowl beat cream cheese, sugar, flour, vanilla, and, if desired, lemon peel with an electric mixer until combined. Add eggs and egg yolk all at once, beating on low speed just until combined. Stir in milk.

Pour filling into crust-lined pan. If desired, sprinkle with reserved crumbs. Place on a shallow baking pan in oven. Bake in a 375° oven for 45 to 50 minutes for the 8-inch pan, 35 to 40 minutes for the 9-inch pan, or until center appears nearly set when shaken.

Cool in pan on a wire rack for 15 minutes. Loosen the crust from side of pan; cool 30 minutes more. Remove the side of the pan; cool cheesecake completely. Cover and chill in refrigerator at least 4 hours before serving. If desired, garnish with raspberries. Makes 12 to 16 servings.

Sour Cream Cheesecake: Prepare as above, except reduce cream cheese to 2 packages and omit the milk. Add three 8-ounce cartons dairy sour cream with the eggs. Bake about 55 minutes for 8-inch pan or about 50 minutes for 9-inch pan.

Chocolate Cheesecake: Prepare as above, except omit lemon peel. Melt 4 ounces semisweet chocolate. Beat the melted chocolate into the filling mixture just before adding the eggs.

Chocolate Swirl Cheesecake: Prepare cheesecake as above, except omit lemon peel. Melt 2 ounces semisweet chocolate. Stir the melted chocolate into half of the filling. Pour chocolate filling into the crust; pour plain filling into the crust. Using a spatula, gently swirl fillings.



Low-Fat Cheesecake: Prepare as above, except reduce crushed crackers to $\frac{1}{3}$ cup and omit walnuts, cinnamon, and butter. Sprinkle crackers on bottom and side of a well-buttered 8- or 9-inch springform pan. Substitute three 8-ounce packages fat-free cream cheese for the regular cream cheese and $\frac{1}{2}$ cup refrigerated or frozen egg product (thawed) for the eggs and egg yolk. Bake in a 375° oven for 45 to 50 minutes for the 8-inch pan, 35 to 40 minutes for the 9-inch pan, or until center appears nearly set when shaken. Cool in pan on a wire rack for 15 minutes. Loosen the crust from side of pan; cool 30 minutes more. Remove the side of the pan; cool cheesecake completely. Cover and chill in refrigerator for at least 4 hours before serving. If desired, serve with fresh fruit such as strawberries, raspberries, blueberries, and/or kiwifruit.

Nutrition facts per serving: 429 calories, 32 g total fat (18 g saturated fat), 137 mg cholesterol, 329 mg sodium, 30 g carbohydrate, 1 g fiber, 7 g protein

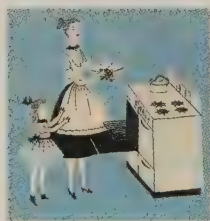
Nutrition facts per serving Sour Cream Cheesecake: 481 calories, 37 g total fat (21 g saturated fat)

Nutrition facts per serving Chocolate Cheesecake: 477 calories, 35 g total fat (20 g saturated fat)

Nutrition facts per serving Chocolate Swirl Cheesecake: 451 calories, 33 g total fat (19 g saturated fat)

Nutrition facts per serving Low-Fat Cheesecake: 141 calories, 1 g total fat (0 g saturated fat), 10 mg cholesterol

Pumpkin pie aficionados are a patient lot. Only one day a year celebrates their dessert passion. Then another entire year passes before the pumpkin pie miraculously reappears. This extraordinary pie, adorned with a caramelized brown sugar and pecan topping, is worth waiting for all year—but there is not reason why you should.



1939

Caramel Pecan Pumpkin Pie

Prep: 15 minutes Bake: 45 minutes

- | | |
|---|--|
| 1 recipe Pastry for Single-Crust Pie (see page 55) | $\frac{1}{4}$ teaspoon salt |
| 2 slightly beaten eggs | $\frac{1}{4}$ teaspoon ground cinnamon |
| 1 15-ounce can pumpkin | $\frac{1}{4}$ teaspoon ground nutmeg |
| $\frac{1}{4}$ cup half-and-half or milk | $\frac{1}{8}$ teaspoon ground allspice |
| $\frac{3}{4}$ cup granulated sugar | $\frac{1}{2}$ cup packed brown sugar |
| 1 tablespoon all-purpose flour | $\frac{1}{2}$ cup chopped pecans |
| 1 teaspoon finely shredded lemon peel | 2 tablespoons butter, softened |
| $\frac{1}{2}$ teaspoon vanilla | |

Prepare pastry and line pie plate as directed. In a large bowl stir together eggs, pumpkin, and half-and-half or milk. Stir in the granulated sugar, flour, lemon peel, vanilla, salt, cinnamon, nutmeg, and allspice. Pour pumpkin mixture into pastry-lined pie plate. To prevent overbrowning, cover the edge of the pie with foil. Bake in a 375° oven for 25 minutes.

Meanwhile, in a medium bowl stir together the brown sugar, pecans, and butter until combined. Remove foil. Sprinkle brown sugar mixture over top of pie. Bake for 20 minutes more or until a knife inserted near the center comes out clean and topping is golden and bubbly. Cool on a wire rack. Cover and refrigerate within 2 hours. Makes 8 servings.

Nutrition facts per serving: 377 calories, 18 g total fat (5 g saturated fat), 63 mg cholesterol, 188 mg sodium, 50 g carbohydrate, 3 g fiber, 5 g protein

1989

Individual Caramel Flans

Prep: 25 minutes

Bake: 30 minutes

- $\frac{1}{3}$ cup sugar
- 3 beaten eggs
- $1\frac{1}{2}$ cups milk
- $\frac{1}{3}$ cup sugar
- 1 teaspoon vanilla
- Ground nutmeg or cinnamon (optional)



To caramelize sugar, in a heavy 8-inch skillet cook $\frac{1}{3}$ cup sugar over medium-high heat until sugar begins to melt, shaking the skillet occasionally to heat the sugar evenly. Do not stir. Once the sugar starts to melt, reduce heat to low. Cook about 5 minutes more or until all of the sugar is melted and golden, stirring as needed with a wooden spoon. Immediately divide the caramelized sugar among four 6-ounce custard cups; tilt custard cups to coat bottoms evenly. Let stand for 10 minutes.

Meanwhile, combine eggs, milk, $\frac{1}{3}$ cup sugar, and vanilla. Beat until well combined but not foamy. Place the custard cups in a 2-quart square baking dish on an oven rack. Divide egg mixture among custard cups. If desired, sprinkle with nutmeg or cinnamon. Pour boiling water into the baking dish around custard cups to a depth of 1 inch. Bake in a 325° oven for 30 to 45 minutes or until a knife inserted near the centers comes out clean.

Remove cups from water. Cool slightly on a wire rack before serving. (Or, cool completely in custard cups. Cover and chill in refrigerator until serving time.) To unmold flans, loosen edges with a knife, slipping point down sides to let air in. Invert a dessert plate over each flan; turn custard cup and plate over together. Remove custard cups. Makes 4 servings.

Baked Custards: Prepare as above, except omit the $\frac{1}{3}$ cup sugar that is caramelized. Divide egg mixture among custard cups or pour all of egg mixture into one $3\frac{1}{2}$ -cup soufflé dish. Bake individual custards as directed above or bake soufflé dish for 50 to 60 minutes. Serve warm or chilled.

Nutrition facts per serving: 234 calories, 6 g total fat (2 g saturated fat), 167 mg cholesterol, 94 mg sodium, 39 g carbohydrate, 0 g fiber, 8 g protein

Nutrition facts per serving Baked Custards: 170 calories, 6 g total fat (2 g saturated fat)

Even though Plain Baked Custard was among the desserts in our 1930 cookbook, it wasn't until 1989 that the sophisticated adaptation, flan, appeared. What makes flan extra special is its elegant caramelized sugar topping.



In our 1937 cookbook, cooks could choose from plain or rich shortcake. The rich shortcake embellished the plain version by adding some sugar and an egg. Today's shortcake recipe is made with butter, so it's even richer than the rich shortcake of yesteryear. If you like, substitute sliced peaches for the strawberries or combine the two fruits.

1937 Strawberry Shortcake

Prep: 25 minutes Bake: 15 minutes Cool: 10 minutes

- | | |
|---|--------------------------------------|
| 6 cups sliced fresh strawberries | ½ cup butter |
| ½ cup sugar | 1 beaten egg |
| 2 cups all-purpose flour | ⅔ cup milk |
| 2 teaspoons baking powder | 1 cup whipping cream, whipped |
| | Fresh strawberries |

Grease 8×1½-inch round baking pan; set aside. Mix sliced berries and ¼ cup of the sugar; set aside. Mix flour, baking powder, and remaining sugar. Cut in butter until mixture resembles coarse crumbs. Combine egg and milk; add to flour mixture. Stir just to moisten. Spread batter into prepared pan.

Bake in 450° oven for 15 to 18 minutes or until a toothpick comes out clean. Cool in pan 10 minutes. Remove from pan. Split into 2 layers. Spoon half of berry mixture and cream over first layer. Top with second layer, remaining berry mixture, and cream. Top with whole berries. Serve immediately. Makes 8 servings.

Nutrition facts per serving: 307 calories, 13 g total fat (8 g saturated fat), 59 mg cholesterol, 227 mg sodium, 44 g carbohydrate, 3 g fiber, 5 g protein

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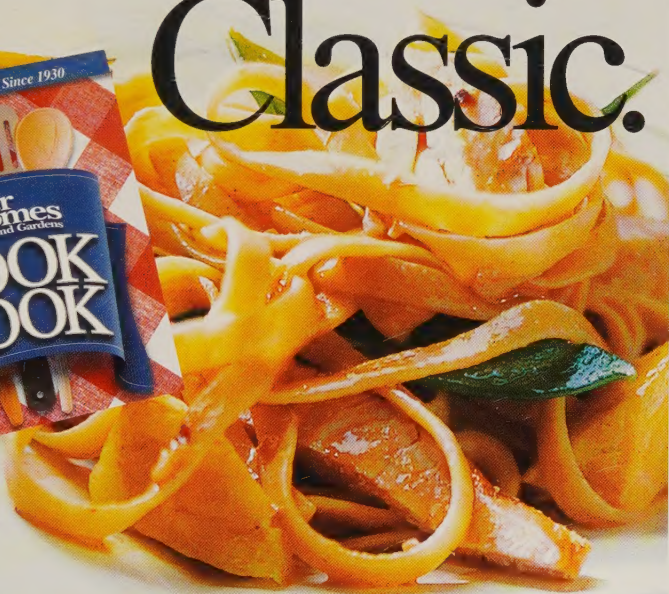
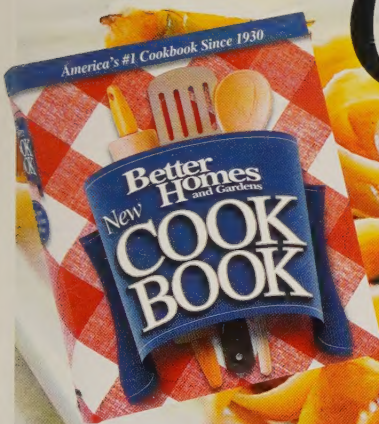
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